Initial Enquiries (n=169)

- Excluded (n=12)
  - Became pregnant (n=1)
  - Family bereavement (n=1)
  - No longer interested (n=1)
  - Non attendance (n=2)
  - Not contactable (n=2)
  - Did not meet inclusion criteria (n=5)

Returned study information (n=103)

- Excluded (n=11)
  - Not contactable (n=1)
  - Did not return GP’s letter (n=1)
  - Did not meet inclusion criteria (n=2)
  - Injury (n=2)
  - Non-attendance (n=5)

Pre-screening meeting (n=91)

- Excluded (n=11)
  - Not contactable (n=1)
  - Did not return GP’s letter (n=1)
  - Did not meet inclusion criteria (n=2)
  - Injury (n=2)
  - Non-attendance (n=5)

Randomized (n=80)

- Withdrew during meeting (n=1)
  - Randomised to control group (n=1)

Allocated to intervention (n=39)
- Completed baseline assessments
- Received intervention: physical activity consultation, pedometer and walking programme
- Relapse prevention consultation at 12 weeks
- Physical activity advice leaflet at 24 weeks
- Telephone consultation at 36 weeks

Allocated to control (n=40)
- Completed baseline assessments
- Waiting list control for 12 weeks
- Received minimal intervention at 12 weeks (walking programme & pedometer)
- Short feedback sessions at 24 and 36 weeks

Follow-up measures (2006-2007) at:
- 12 weeks
- 24 weeks
- 48 weeks

Follow-up measures (2006-2008) at:
- 12 weeks
- 24 weeks
- 36 weeks
- 60 weeks