**Figure 1: Study design**

- **Recruitment:**
  Patient registries from participating general practices

- **Selection:**
  Ethnic minority women aged 18-65

- **Randomisation**

**Intervention group (n=180)**

- Exercise on Prescription intake
  - **T0:** Baseline measurements

- **Intervention:**
  20 weekly sessions of exercise

- **T1:** Measurements after 6 months

- **T2:** Measurements after 12 months

**Control group (n=180)**

- **T0:** Baseline measurements

- **T1:** Measurements after 6 months

- **T2:** Measurements after 12 months