Hospital and participant recruitment (n=) → Assessed for eligibility by phone (n=) → Excluded (n=) → Assessed for eligibility in hospital (n=) → Randomisation (n=) → Enrolment → Allocation

- Allocated to supervised exercise class (SEC) (n=)
  - SEC not received (n=) Give reasons

- Allocated to walking programme (WP) (n=)
  - WP not received (n=) Give reasons

- Allocated to control (n=)
  - Control not received (n=) Give reasons

Follow up 3, 6, 12 months

- Lost to follow up (n=) Give reasons
- Discontinued (n=) Give reasons
- Analysed (n=) Excluded from analysis (n=) Give reasons

Analysis

- Analysed (n=) Excluded from analysis (n=) Give reasons