Patients referred from primary care after four weeks of treatment followed by four weeks of back school and group exercise at backcenter, N = 151

Baseline measurements and determination of eligibility

Randomization N = 136

Group A
Supervised Nordic Walking in groups n = 45

Group B
Non-supervised Nordic Walking n = 46

Group C
Encouragement to remain active n = 45

10 weeks follow up: Questionnaires, return activity diary, return accelerometer N = 136

26 week follow up: Questionnaires

52 week follow up: Questionnaires