Identify potential subjects (n=200)

Information provided by study personnel

Person decides not to participate (n=50)

Add to running tally of number of people who opted out

Person is willing to participate (n=150)

Eligibility screen completed by study coordinator

Eligible to participate (n=106)

Ineligible according to inclusion/exclusion criteria or not interested: Add to running tally of ineligible people with explanation (n=44)

Randomization to control or intervention group

Control Group (n=53)

Baseline testing (2 visits) (same as intervention group)

Participant is instructed to continue with their normal routine for the 12-week intervention period

5 subjects lost to follow-up or discontinued participation: Explanation recorded if possible

Intervention Group (n=53)

Baseline Testing Visit 1 at University of Calgary Human Performance Lab (Week -1)

Baseline Testing Visit 2 (Week 1) at Mount Royal University, including meeting with Registered Dietician and Exercise Physiologist. Participants provided with pedometer and website instructions.

E-HEALTH INTERVENTION (Weeks 1-12): Includes online access to weekly pedometer step goal, exercise tips, walking maps, nutrition education videos, inspirational quotes, Coffee Talk meeting information and archives.

6-week Check-in meeting with Dietician and Exercise Physiologist (Week 6)

5 subjects discontinued participation: Explanation recorded if possible

Follow-up testing Visits 1 and 2 (Week 13)

8 subjects (4 from each group) lost to follow-up: Explanation recorded if possible

Follow-up testing at Visits 3 and 4 (Week 24) (n=88)

Data Analysis and Dissemination