Computer workers (N= ± 8000)

Responded to short questionnaire (N=1870)

No response (N= ± 6125)

Excluded (N = 1409)
  - refused to participate (N = 939)
  - did not meet all inclusion criteria (N= 470)

Randomisation (N= 466)

Intervention group 1
Work style group (N=152)

Intervention group 2
Work style and physical activity group (N=156)

Control group (N=158)