**Maternity clinics**

- **Experimental clinics** N=3
  - Nurses N=9
- **Control clinics** N=3
  - Nurses N=6
- Pregnant women with no earlier deliveries N=101
- Eligible N=94 (93%)  
  - refused to participate N=20  
  - miscarriage or change of residence N=5
- Written informed consent N=69 (73% of eligible)
- Withdrawals N=20, reasons  
  - miscarriage N=2  
  - change of residence N=4  
  - health N=3  
  - life situation N=4  
  - study efforts (extra surveys, LTPA records etc.) N=5  
  - unknown N=2
- Pregnant completers N=49 (71% of 69)

**Child health clinics**

- **Experimental clinics** N=3
  - Nurses N=8
- **Control clinics** N=3
  - Nurses N=7
- Postpartum women with no earlier deliveries N=73
- Eligible N=68 (93%)
  - refused to participate N=15
- Written informed consent N=53 (78% of eligible)
- Withdrawals N=7, reasons  
  - change of residence N=3  
  - study efforts (extra surveys, LTPA records etc.) N=4
- Pregnant completers N=49 (92% of 53)

**Maternity clinics**

- **Experimental clinics** N=3
  - Nurses N=9
- **Control clinics** N=3
  - Nurses N=6
- Pregnant women with no earlier deliveries N=95
- Eligible N=82 (86%)
  - refused to participate N=15
  - miscarriage or change of residence N=4
- Written informed consent N=63 (77% of eligible)
- Withdrawals N=15, reasons  
  - miscarriage or change of residence N=4
  - study efforts (extra surveys, LTPA records etc.) N=5  
  - unknown N=2
- Pregnant completers N=56 (89% of 63)

**Child health clinics**

- **Experimental clinics** N=3
  - Nurses N=8
- **Control clinics** N=3
  - Nurses N=7
- Postpartum women with no earlier deliveries N=54
- Eligible N=46 (85%)
  - refused to participate N=7
- Written informed consent N=39 (85% of eligible)
- Withdrawals N=4, reasons  
  - demanding baby care N=1  
  - not able to attend to group exercise N=1  
  - unknown N=2
- Postpartum completers N=39 (100% of 39)