n= 16 010
Original subject source of men and women aged 55–74 years in 2002

n=3000
Random sample, invited to the study in 2002

n=2062
Willing to participate

Run-in phase in 2003–2005

n=1829
Invited to the baseline examinations in 2005

n=1479
Participated in the baseline examinations in 2005–2006

n=1410
Randomization

Intervention groups:
1) Aerobic Exercise (n=234), 2) Resistance Exercise (n=236), 3) Dietary (n=236), 4) Aerobic + Dietary (n=234), 5) Resistance + Dietary (n=234), 6) Reference (n=236),

Death 20
Severe disease 48
Moved elsewhere 13
Not interested 647
No response 210

Death 9
CVD 3
Cancer 2
Dementia 3
Musculoskeletal disease 4
Other disease 27
Loss of motivation 59
Moved elsewhere 20
Unknown reasons 103
Unreachable 3

Death 24
CVD 12
Cancer 12
Dementia 4
Musculoskeletal disease 15
Other disease 29
Loss of motivation 103
Moved elsewhere 38
Personal reasons 20
Unknown reasons 87
Unreachable 6

CVD 18
Dementia 1
Musculoskeletal disease 8
Other disease 19
Loss of motivation 22
Moved elsewhere 1

Death 9
CVD 3
Cancer 2
Dementia 3
Musculoskeletal disease 4
Other disease 27
Loss of motivation 59
Moved elsewhere 20
Unknown reasons 103
Unreachable 3