Exercise and diet intervention study (DR's EXTRA)
n=1410

3 months intervention
- Drop out within three month: 42
- Did not attend intervention visit: 22
- Refused to fill in questionnaire: 9
- Not Finnish-speaking: 2
- Disease: 1
- Other unspecific reasons: 10

n=1324
‘Informed consent’ questionnaire survey

12 months intervention

Evaluation of implementation and success in exercise and diet interventions after 12 month of intervention
n=597
Evaluation restricted to three intervention groups and to those participants who completed the ‘informed consent’ questionnaire

Aerobic Exercise (n=199)  
- male n=90, female n=109

Resistance Exercise (n=194)  
- male=103, female n=91

Dietary (n=204)  
- male n=100, female n=104

Drop out within three month: 16
Drop out within 12 month: 12
Total: 28

- Drop out from aerobic exercise group: 7
- Drop out from resistance exercise group: 13
- Drop out from dietary group: 8