Contacted and assessed for suitability, n=74

54 consented and randomised

32 allocated to pedometer plus advice group
- 11 to 10% target group
- 11 to 15% target group
- 10 to 20% target group

22 allocated to advice alone group

Not contacted, n=24
- 4 phone number unavailable
- 9 no answer
- 3 “phone back later in year”
- 8 not tried

Excluded, n=20
- 6 not sedentary
- 10 no longer interested
- 3 waiting for surgery
- 1 confined to wheelchair

Deemed suitable for mailing by GP, n=388

Positive replies to mailing, n=98

11 to 10% target group

11 to 15% target group

10 to 20% target group

Discontinued, n=5
- 10% group, n=1 “too much”
- 15% group, n=1 “too much”
- 20% group, n=3
  - 1 no reason
  - 1 depression
  - 1 “too much”

5 completed 12 weeks

Discontinued, n=4
- 1 Memory problems
- 1 Transient ischaemic attack
- 1 On-going colds & flu
- 1 “too much”

18 completed 12 weeks

Figure 1. Consort diagram