Assessed for eligibility for the present study (n=75)

- Excluded from the study (e.g., language barrier, currently physically active as per USDHHS) (n=8)

Randomized (n=67)

- Standard Exercise Plus GMCB (n=32)
  - Dropped out before the first class of the program (n=3)
    - Intensive Phase
      - Completed follow-up measures (n=26)
      - Dropped out (n=3)
        - Telephone contact
          - Contacted (n=23)
          - Unable to contact (n=3)

- Standard Exercise Condition (n=35)
  - Dropped out before the first class of the program (n=2)
    - Intensive Phase
      - Completed follow-up measures (n=31)
      - Dropped out (n=2)

Home-based Phase
-完成了 PAR 测量 (n=26)
- 不完整 (n=0)
- 完成了 PAR 测量 (n=31)
- 不完整 (n=2)