Excluded:
n=9 <18 years of age
n=36 >65 years of age
n=172 Active

Eligible Participants
(n=369)

Reasons for non-contact:
n=35 No answer/Wrong #
n=115 Not necessary due to sample size requirements

Number Contacted
(n=219)

Not present at initial
*Includes missing data
(n=17)

Did not differ from those who agreed to participate on age or activity level

Agreed to Participate
(n=103)

Initiated Study
(n=86)

Completed Trial
(n=60)

Declined
(n=116)

Not present at follow-up
(n=26)

Did not differ from those who completed trial on age, activity level, or baseline characteristics