Mass Mailings sent (n=126,802)

Returned interest survey (n=5,621)

Excluded (n=245)
- Did not meet eligibility criteria (n=191)
- Declined to participate (n=54)

Eligible after phone interview (n=929)

Attended information session (n=703)

Assessed for eligibility in clinic (n=684)

Randomized (n=439)

Control (n=87)
- Did not receive intervention as allocated (n=7)
  - Lost to follow-up (n=4)
  - Withdrew (n=3)
    - Dissatisfied with randomization (n=3)
  - Completed 12-mo assessment (n=80)
    - Anthropometry (n=80)
    - Vo2max (n=73)
    - Questionnaire (n=76)
    - Analyzed (n=87)

Dietary weight loss (n=118)
- Did not receive intervention as allocated (n=13)
  - Lost to follow-up (n=6)
  - Withdrew (n=7)
    - Dissatisfied with randomization (n=4)
    - Work/family demands (n=2)
    - Medical reasons (n=1)
  - Completed 12-mo assessment (n=105)
    - Anthropometry (n=103)
    - Vo2max (n=97)
    - Questionnaire (n=101)
    - Analyzed (n=118)

Aerobic exercise (n=117)
- Did not receive intervention as allocated (n=11)
  - Lost to follow-up (n=5)
  - Withdrew (n=6)
    - Medical reasons (n=2)
    - Transportation (n=2)
    - Work/family demands (n=1)
    - Death unrelated to intervention (n=1)
  - Completed 12-mo assessment (n=106)
    - Anthropometry (n=106)
    - Vo2max (n=96)
    - Questionnaire (n=99)
    - Analyzed (n=116)
    - Missing baseline questionnaire (n=1)

Diet + Exercise (n=117)
- Did not receive intervention as allocated (n=9)
  - Lost to follow-up (n=5)
  - Withdrew (n=4)
    - Work/family demands (n=2)
    - Medical reasons (n=1)
    - Relocation (n=1)
  - Completed 12-mo assessment (n=108)
    - Anthropometry (n=108)
    - Vo2max (n=104)
    - Questionnaire (n=106)
    - Analyzed (n=117)