Walking days during four periods

- A: Baseline (Delayed baseline)
- B: Immediate intervention (Delayed intervention)
- C: Crossover (Follow-up 1)
- D: Follow-up 2

Walking duration per walking day in a week during four periods

- A: Baseline (Delayed baseline)
- B: Immediate intervention (Delayed intervention)
- C: Crossover (Follow-up 1)
- D: Follow-up 2

Strength training sessions per week during four periods

- A: Baseline (Delayed baseline)
- B: Immediate intervention (Delayed intervention)
- C: Crossover (Follow-up 1)
- D: Follow-up 2