Figure 1: Trial Flow Chart

Screening of 5-40 yrs old healthy volunteers

Subjects with 2 or more Risk Factors invited to attend for primary prevention intervention trial

Randomisation

Control Group

Intensive LSM

Less-intensive Lifestyle Modification advice on correct nutrition, proper exercise & stress reduction

Review and advice annually

Intensive Lifestyle Modification advice on correct nutrition, proper exercise & stress reduction

Review and advice 3-monthly

Follow-up of 5 years

Primary composite cardio-metabolic end-point and Behavioural changes