Identification

Postnatal women who express interest in the study receive invitation letter and information sheet

Screening

Telephone screening to assess eligibility for study

Enrollment

Informed consent taken at baseline appointment and participant is enrolled into study

Baseline

Participant completes baseline assessments across two appointments one week apart and is randomised

Intervention: 1\textsuperscript{st} physical activity consultation, 10-week pram-walking programme and information leaflet

Allocation

Control: Information leaflet only

3-month follow-up

3-month assessments

Intervention: 2\textsuperscript{nd} physical activity consultation

6-month follow-up

6-month assessments

3-month assessments