Randomization of clusters (group of patients admitted to ward 4 or ward 8 from Monday to Wednesday) (No of clusters= 50; No of patients= 300)

Patients assessed for eligibility (No of clusters= 50; No of patients= 300)

- Not meeting inclusion criteria (No of clusters= 8; No of patients= 48)
- Decline to participate (No of clusters= 8; No of patients= 48)

Patients meeting inclusion criteria with informed consent (No of clusters= 34; No of patients= 204)

- Patients are provided with a general information brochure and an hour long seminar with presentations of various health related exercises (No of clusters= 17; No of patients= 102)
- Patients are provided with a general information brochure without additional education (No of clusters= 17; No of patients= 102)

Follow-up

- Loss to follow-up n = 10 (per study arm)
- Follow-up completed n = 90 (per study arm)

Analysis

To be analyzed (No of clusters= 17; No of patients= 102)

To be analyzed (No of clusters= 17; No of patients= 102)