Approached (in practice or by letter): N=1687 (404 opportunistic, 1283 systematic)

Consented and randomised: N = 131 (73 opportunistic, 58 systematic)

Written advice: N = 44
  - Baseline: returned questionnaire: n = 40; returned pedometer reading: n = 39
  - Follow-up: returned questionnaire: n = 37; returned pedometer reading: n = 36

Brief advice: N = 42
  - Baseline: returned questionnaire: n = 35; returned pedometer reading: n = 35
  - Follow-up: returned questionnaire: n = 33; returned pedometer reading: n = 33

Brief advice + pedometer: N = 45
  - Baseline: returned questionnaire: n = 42; returned pedometer reading: n = 43
  - Follow-up: returned questionnaire: n = 37; returned pedometer reading: n = 38