Patients assessed for eligibility

Eligible patients given information explaining the study and put in contact with project RA

Patients consented to the trial

Randomisation

GPGR (N = 500)

GPGR+WEB (N = 500)

SPR (N = 500)

SPR+WEB (N = 500)

Online baseline S-R measures

Interactive reminders to use web resources, keep activity plans and logs etc

Patient attends gym/sports intervention & baseline physical measures (BP, BMI, waist and hip circ etc.) taken at weeks 1, 6 and 12

Patients completes online Self Report measures (wk12)

Regular interactive reminders

6 month on-line Self Report measures

Regular interactive reminders

12 month on-line Self Report measures

Regular interactive reminders

12 month physical measures collected

Key: GPGR - GP gym-based referral/treatment as usual control, GPGR+WEB - GP gym-based referral plus web tool, SPR - Sport referral at Surrey Sports Park, SPR+WEB - Sport referral plus web tool