Ethical approval for multi-centre trial

Screening

Assessment 1: 0 weeks; n = 62

Physical Activity Group; n = 31
6 visits [week 1, 2, 3, 6, 10, 14]

Social Interaction Group; n = 31
6 visits [week 1, 2, 3, 6, 10, 14]

Assessment 2: +16 weeks

Assessment 3: +26 weeks

All participants offered brief activity intervention

End of study