Figure 1: FlowChart of Participants’ Progression through the Study

Recruited
N = 30

Focus Group (x4) and Interviews (x13)
N = 29

Dropped out
N = 1

Physical Activity Programs

Resistance Exercise
N = 3 (0 gym; 3 resistance bands)

Dropped out
N = 0

Aerobic Exercise
N = 17 (14 gym; 3 walking)

Dropped out
N = 9

Interventions (x 15)
N = 15 (12 PA Program completers; 3 who had dropped out of PA)

Dropped out
N = 5

Dropped out
N = 3