Consented to study
n = 17

Pre questionnaires completed
n = 17

Commenced NMD program
n = 17

Did not complete NMD program
n = 4
Reasons for drop out
(Concerned about weight gain n = 1; Unable to commit to weekly attendance n = 1, Unknown n = 2)

Completed NMD program
n = 13

Post-questionnaire completed
n = 10