Week 0
6 weeks GS intake only

Week 6
6 weeks GS + walking up to 3000 steps per day

Week 12
6 weeks GS + walking up to 6000 steps per day

Week 18
Exercise program of participant’s choice (GS was optional)

Week 24

12-week walking program

18-week GS supplementation

Follow-up period

6 weeks
GS intake only

Walking up to:
3000 steps per day
6000 steps per day
Exercise program of participant’s choice (GS was optional)