Participants wear accelerometer

Maintenance visit (n = 15)

4 weeks after post-intervention visit

Post-intervention visit (n = 15)

2-4 days after intervention

7 days of habitual PA

Participants consented at baseline (n = 20)

Eight-week exercise intervention (n = 15)

Participants not eligible at pre-screening (n = 5)

No reply (n = 7)

DNA baseline visit (n = 4)

Participants not eligible at baseline visit (n = 4)

Withdrew (n = 1)

Participants passed pre-screening (n= 24)

Participants returned an expression of interest

GP (n = 24)

Local databases (n = 1)

Advertisement (n = 15)

Participants identified by GP (n = 163)

Local databases (n = 25)

Figure 1. Recruitment and study flow diagram.