Informed Consent

 Cardiopulmonary Exercise Test

 Run-In (3 Weeks)
 9 Exercise Training Sessions
 Randomized (if attended 6 of 9)

	R A N D O	HEART Camp Intervention Group	<ul> <li>Weekly meeting with exercise coach</li> <li>6 weekly CAMP topics in group sessions</li> </ul>	<ul> <li>Weekly meeting with exercise coach</li> <li>Phone call from coach if relapse</li> </ul>	<ul> <li>Weekly reviews of exercise diaries by coach</li> <li>Phone call from coach if relapse</li> </ul>
	M I Z		ADOPTION PHASE Baseline - Month 6	TRANSITIONAL PHASE Month 7 - Month 12	MAINTENANCE PHASE Month 13 - Month 18
/	A T I O N	Standard Care Group	Standard care/ attention from exercise facility staff	Standard care/ attention from exercise facility staff	Standard care/ attention from exercise facility staff