

*'(Exercise) keeps my weight down. The lighter I am the less out of breath I'd be. I've started eating more fibre, more fish. I feel far more healthier. My cholesterol has even improved.'* (M, 65, NI, G NA (41), D+6 (29))

*'If your thinking doesn't change you're not really doing it for the right reasons. You're either press ganged or somebody's, you know, coercing or duress.'* (M, 56, NI, G0 (0), D+15 (59))

*'I'd be concerned that I'd drop dead if I did too much. At my age I feel there's nothing to be gained by it.'* (F, 77, Rol, G-6 (0), D-5 (36)).