

Pre-intervention Phase Test 1A



Pre-intervention Phase Test 1B



Intervention Phase Test 2A



Intervention Phase Test 2B



Post-intervention Phase Test 3

Baseline Determination
6 Month Duration
No lifestyle changes

Exercise Intervention
3 days/week Exercise
3 Month Term

Exercise Continued
3 days/week Exercise
3 Month Term

**Exercise Continued
Or Stopped
Participant's Choice**
6 Month Term