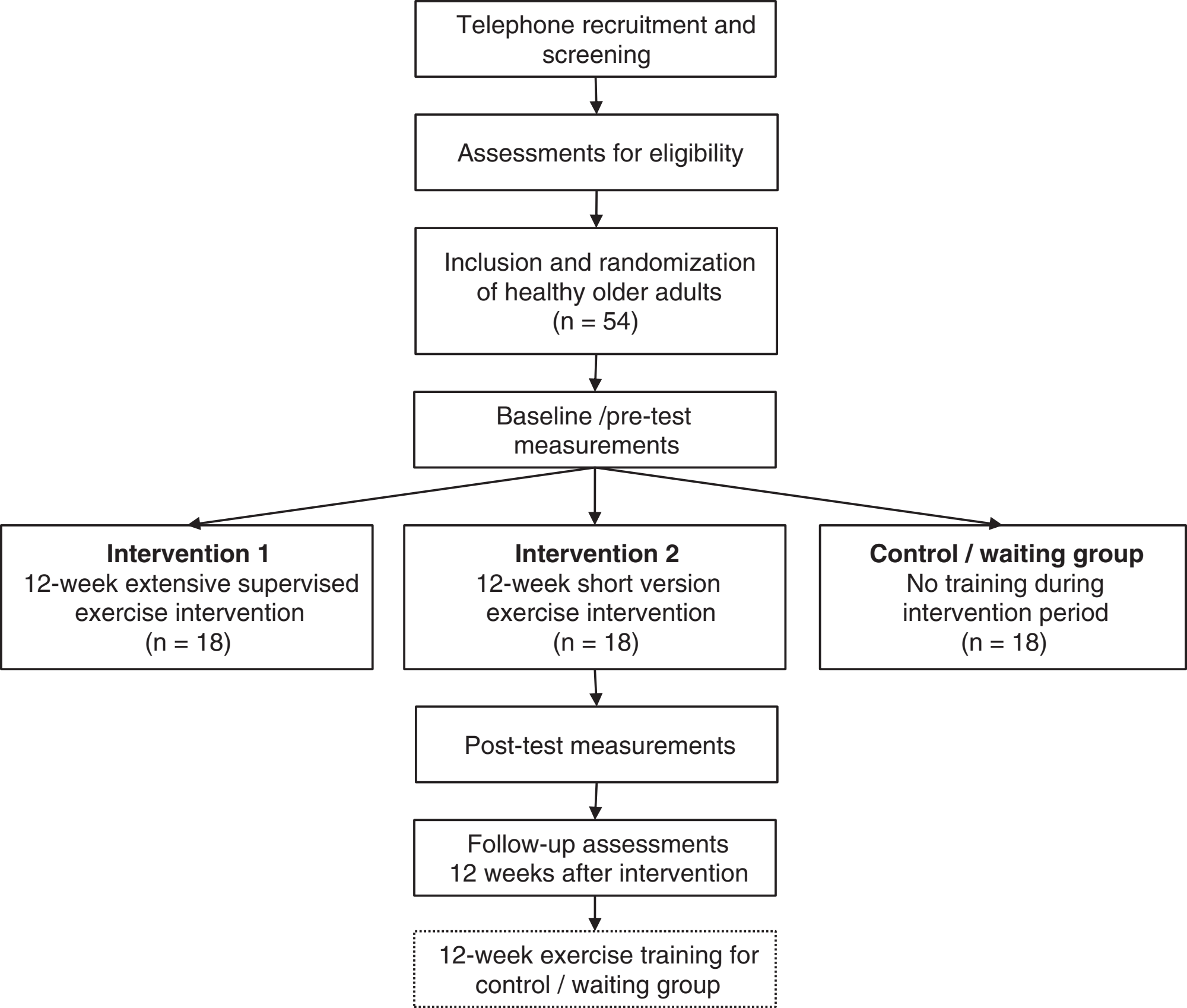
Telephone recruitment and screening
Assessments for eligibility
Inclusion and randomization of healthy older adults (n = 54)
Baseline /pre-test measurements
Intervention 1
12-week extensive supervised exercise intervention
(n = 18)
Intervention 2
12-week short version exercise intervention
(n = 18)
Control / waiting group
No training during intervention period
(n = 18)
Post-test measurements
Follow-up assessments 12 weeks after intervention
12-week exercise training for control / waiting group