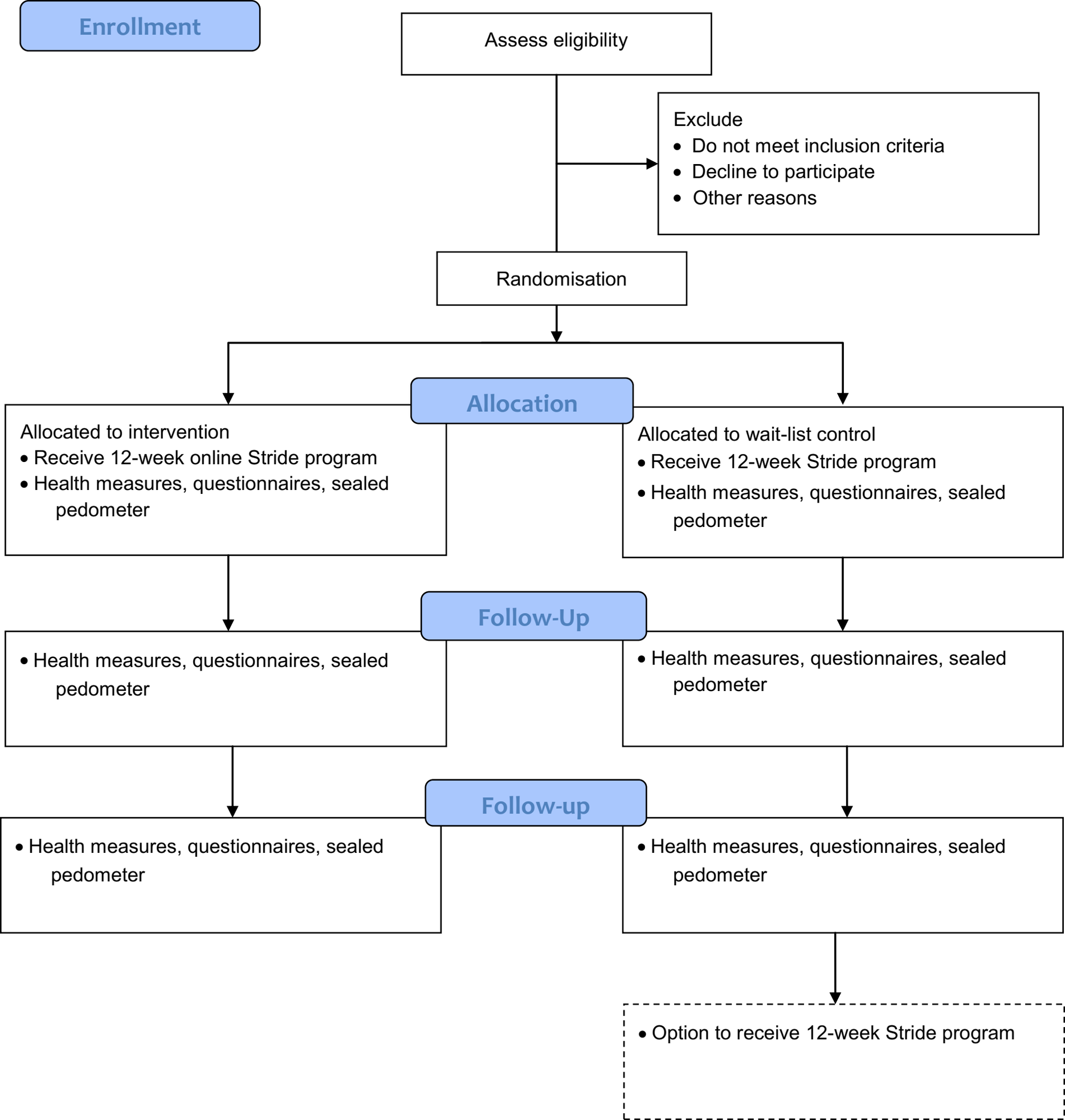
Enrollment
Assess eligibility
Exclude
• Do not meet inclusion criteria
• Decline to participate
• Other reasons
Randomisation
Allocation
Allocated to intervention
• Receive 12-week online Stride program
• Health measures, questionnaires, sealed pedometer
Allocated to wait-list control
• Receive 12-week Stride program
• Health measures, questionnaires, sealed pedometer
Follow-Up
• Health measures, questionnaires, sealed pedometer
• Health measures, questionnaires, sealed pedometer
Follow-up
• Health measures, questionnaires, sealed pedometer
• Health measures, questionnaires, sealed pedometer
• Option to receive 12-week Stride program