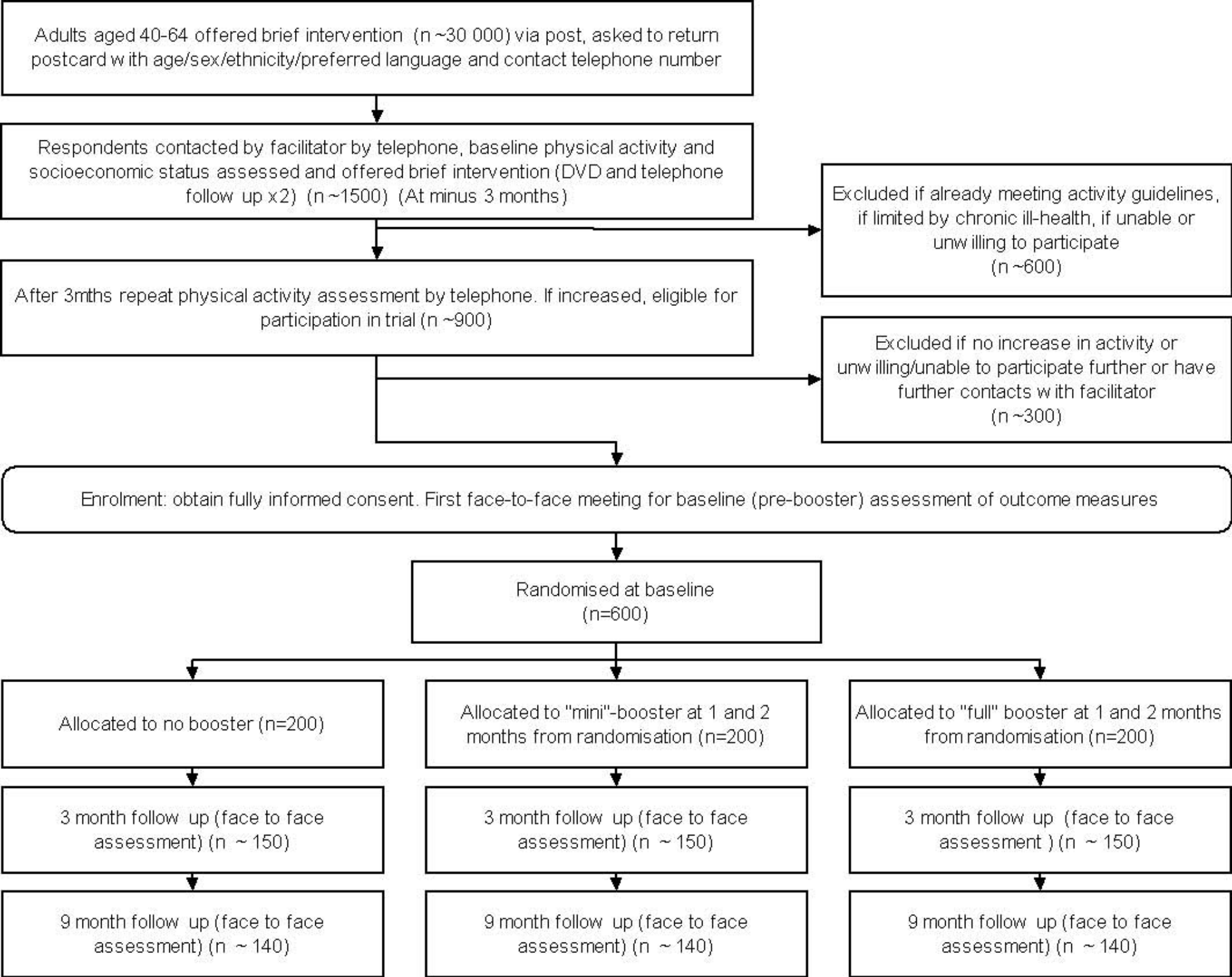
Adults aged 40-64 offered brief intervention (n ~30 000) via post, asked to return postcard with age/sex/ethnicity/preferred language and contact telephone number
Respondents contacted by facilitator by telephone, baseline physical activity and socioeconomic status assessed and offered brief intervention (DVD and telephone follow up x2) (n ~1500) (At minus 3 months)
Excluded if already meeting activity guidelines, if limited by chronic ill-health, if unable or unwilling to participate (n ~600)
After 3mths repeat physical activity assessment by telephone. If increased, eligible for participation in trial (n ~900)
Excluded if no increase in activity or unwilling/unable to participate further or have further contacts with facilitator (n ~300)
Enrolment: obtain fully informed consent. First face-to-face meeting for baseline (pre-booster) assessment of outcome measures
Randomised at baseline (n=600)
Allocated to no booster (n=200)
Allocated to "mini"-booster at 1 and 2 months from randomisation (n=200)
Allocated to "full" booster at 1 and 2 months from randomisation (n=200)
3 month follow up (face to face assessment) (n ~ 150)
3 month follow up (face to face assessment) (n ~ 150)
3 month follow up (face to face assessment) (n ~ 150)
9 month follow up (face to face assessment) (n ~ 140)
9 month follow up (face to face assessment) (n ~ 140)
9 month follow up (face to face assessment) (n ~ 140)