

202 Invited employees (8 Males, 194 Females)

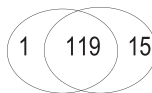
158 Returned screening questionnaires

41 Non-concenters
13 Left the company
3 long term sick
1 Pregnant

Baseline test

144 Consenters (Randomly allocated)

120 Questionnaires



134 Physical tests

76 Participants in intervention cluster-groups

68 Participants in reference cluster-groups

46 Excluded
41 Normal Weights
from analysis

86 Questionnaires

98 Target group

94 Physical tests

54 Participants in intervention cluster-groups

44 Participants in reference cluster-groups

7 Drop-outs
5 Left the compagny
2 Long term sick

91 Participants round 2

78 Questionnaires

87 Physical tests

53 Participants in intervention cluster-groups

38 Participants in reference cluster-groups

8 Drop-outs
3 Left the compagny
2 Withdrew
3 Long term sick

83 Participants round 3

80 Questionnaires

82 Physical tests

47 Participants in intervention cluster-groups

36 Participants in reference cluster-groups