

Women recruited via "Exercise on Prescription"

Women recruited via general practices list

Allocation

Allocated to intervention: n= 192
Received allocated intervention: n=190
Did not receive allocated intervention: n=2,
they never started the program.

Allocated to control group: n= 322

Follow-Up 1

Lost to follow-up: n=71
Reasons: did not show or moved away
Discontinued intervention: n=27
Reasons: health problems, moved away
Analysed: n=121

Lost to follow-up: n= 103
Reasons: did not show or moved away
Analysed: 219

Follow-Up 2

Lost to follow-up compared to baseline: n=70
Reasons: did not show, moved away
Analysed: n=122

Lost to follow-up compared to baseline: n= 135
Reasons: did not show, moved away.
Analysed: n=187