

Upper Management Consultation & Consent



Representatives consultation workshop



Consent & Randomisation of Units/Worksites



Individual Recruitment and Consent
Group information sessions; expressions of interest; telephone screening for eligibility; written informed consent



Assessment 1 (Baseline)
Blood test; anthropometrics; survey; 7-day activity monitor wear



INTERVENTION GROUP

CONTROL GROUP



Participant Information & Brainstorming Session
Education, group feedback from Assessment 1, brainstorming of strategies; email summary



Workstation Installation
Individual Coaching
Education; individual Assessment 1 feedback; goal setting; workstation instruction



Telephone calls x 4 (weeks 2, 4, 8 & 12):
progress review; problem solving; goal-setting.
Management Emails x 6 (weeks 2, 4, 6, 8, 10 & 12)



Assessment 2 (3 months/End of Intervention)
Blood test; anthropometrics; survey; 7-day activity monitor wear



Assessment 3 (12 months)
Blood test; anthropometrics; survey; 7-day activity monitor wear



Assessment 2 (3 months)
Blood test; anthropometrics; survey; 7-day activity monitor wear



Assessment 3 (12 months)
Blood test; anthropometrics; survey; 7-day activity monitor wear

Intervention (3 months)

Maintenance (9 months)