

Enrollment

Invitation to register with site: waist circumference (WC) screening survey

Telephone interview

Baseline measurements

Randomization (1:1) (n=160)

WC less than 90 cm, incomplete response and telephone number will be excluded

Those with cardiovascular diseases, diabetes, antihypertensive medications, cholesterol lowering medications, blood pressure less than 130/85(mmHg), renal and cancer diseases, and being pregnant will be excluded

Excluded: didn't have at least 3 components of metabolic syndrome, no interest to study.

Allocation

Intervention group: interactive lifestyle intervention with Healthy Heart Profile on nutrition, and physical activity (n= 80)

Control group: sending e-mails every 3 weeks to visit the study website to read general information on nutrition and physical activity (n=80)

Follow-Up

3 months follow up measurements, sending reminder e-mails every 3 weeks to visit the Healthy Heart Profile

3 months follow up measurements, sending reminder e-mails every 3 weeks to visit the study website

6 months follow up measurements

6 month follow up measurements

Analysis