

Deemed suitable for mailing by GP, n=388

Positive replies to mailing, n=98

Not contacted, n=24

4 phone number unavailable  
9 no answer  
3 "phone back later in year"  
8 not tried

Contacted and assessed for suitability, n=74

Excluded, n=20

6 not sedentary  
10 no longer interested  
3 waiting for surgery  
1 confined to wheelchair

**54 consented and randomised**

**32 allocated to pedometer plus advice group**

11 to 10% target group

11 to 15% target group

10 to 20% target group

Discontinued, n=5

10% group, n=1  
"too much"  
15% group, n=1  
"too much"  
20% group, n=3  
1 no reason  
1 depression  
1 "too much"

**27 completed 12 weeks**

**22 allocated to advice alone group**

Discontinued, n=4

1 Memory problems  
1 Transient ischaemic attack  
1 On-going colds & flu  
1 "too much"

**18 completed 12 weeks**