

Chronically diseased and mobility restricted community-dwelling GP patients aged  $\geq 70$  years

N=210

**Recruitment**

Patient records are assessed for eligibility

Invitation of patients to GP's practice for final assessment of eligibility

Patient information by GP and exercise therapist

Patient providing written informed consent

**Baseline Assessment T0**

Telephone interview  
Motor tests

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**Experimental Intervention**

Multidimensional home-based exercise  
Consultations (personal attention, instruction,  
methods fostering behavioural change)

12 weeks

**Control Intervention**

"Baseline physical activities"  
Consultations (personal attention, instruction)

**Final Assessment T1**

Telephone interview  
Motor tests