Experimental Intervention (n=105)	Week	Control Intervention (n=105)
Personal exercise consultation	1	Personal exercise consultation
Personal exercise consultation	2	Personal exercise consultation
	3	
Personal exercise consultation	4	Personal exercise consultation
Telephone exercise consultation	5	Telephone exercise consultation
	6	
Personal exercise consultation	7	Personal exercise consultation
Telephone exercise consultation	8	Telephone exercise consultation
	9	
	10	
Personal exercise consultation	11	Personal exercise consultation
Telephone exercise consultation	12	Telephone exercise consultation