

<b>Experimental Intervention (n=105)</b>
Personal exercise consultation
Personal exercise consultation
Personal exercise consultation
Telephone exercise consultation
Personal exercise consultation
Telephone exercise consultation
Personal exercise consultation
Telephone exercise consultation

<b>Week</b>
1
2
3
4
5
6
7
8
9
10
11
12

<b>Control Intervention (n=105)</b>
Personal exercise consultation
Personal exercise consultation
Personal exercise consultation
Telephone exercise consultation
Personal exercise consultation
Telephone exercise consultation
Personal exercise consultation
Telephone exercise consultation