



**Assessed for eligibility**  
Patients aged 45-74 years registered with 6 practices.  
N=approximately 1700 patients per practice=10,200 total

**Excluded (pre-screening questionnaire)**  
N=1020 (approx 10%). Not meeting inclusion criteria: living in care home, housebound, terminal illness, dementia, psychotic illness etc.

**Potentially Eligible**  
N=9180 patients (5400 households)  
Random samples sent information on study and screening questionnaire to assess activity levels until required number of patients randomised

**NOT ASSESSED BY SCREENING QUESTIONNAIRE**  
N= 1880 (more if response rate to trial higher)

**Sent questionnaires**  
*Assuming 20% response rate to trial invitation*  
7300 patients sent screening questionnaire (fewer if response rate to trial higher)

**NOT ENROLLED**  
1800 (approx 25%) either too fit or contraindications to increasing physical activity as assessed by screening questionnaire  
4400 refuse to participate (80% of eligible)

**ENROLLED**  
N=total 1100 patients (approx 680 households)

**BASELINE ASSESSMENT**  
Confirm eligibility, informed consent, questionnaires, anthropometric measures, 7 day accelerometer and blinded pedometer monitoring of usual PA levels

**NOT RANDOMISED**  
107 (10%) do not return accelerometer or ineligible after baseline assessment

**RANDOM ALLOCATION**  
N=993  
(Participants informed of allocation by telephone)

**Control** (n=331 patients)  
  
No physical activity intervention.  
Controls are instructed to continue with their usual physical activities.  
  
Contact at 6 & 9m (by phone, text or email) to check on safety outcomes, contact details

**Pedometer** (n=331 patients)  
  
Pedometer plus written instructions for 12 week walking intervention, based on own baseline step-count, posted out to patients.  
  
Contact at 6 & 9m (by phone, text or email) to check on safety outcomes, contact details & offer replacement batteries or pedometer if required

**Pedometer + support** (n=331 patients)  
Pedometer plus written instructions for 12 week walking intervention, based on own baseline step-count plus 3 individually tailored PA consultations with a practice nurse.  
  
Contact at 6 & 9m (by phone, text or email) to check on safety outcomes, contact details & offer replacement batteries or pedometer if required

**FOLLOW-UP ASSESSMENTS 3 & 12 MONTHS**  
  
3 month postal assessment; questionnaires, 7 day accelerometer monitoring of usual PA levels  
  
12 month assessment at practice with RA questionnaires, anthropometric measures, 7 day accelerometer monitoring of usual PA levels  
  
Offered PA consultation with nurse & pedometer at end of trial.

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**DATA ANALYSIS**  
Assume 15% attrition 12 months n= 281

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