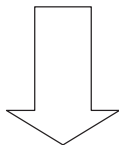
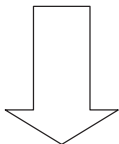


Approached (in practice or by letter): N= 1687 (404 opportunistic, 1283 systematic)



Consented and randomised: N= 131 (73 opportunistic, 58 systematic)



Written advice: N = 44

Brief advice: N = 42

Brief advice +
pedometer: N = 45

Baseline:
returned
questionnaire
n = 40;
returned
pedometer
reading: n = 39

Follow-up:
returned
questionnaire:
n = 37;
returned
pedometer
reading: n = 36

Baseline:
returned
questionnaire:
n = 35;
returned
pedometer
reading: n = 35

Follow-up:
returned
questionnaire:
n = 33;
returned
pedometer
reading: n = 33

Baseline:
returned
questionnaire:
n = 42;
returned
pedometer
reading: n = 43

Follow-up:
returned
questionnaire
n = 42;
returned
pedometer
reading: n = 38