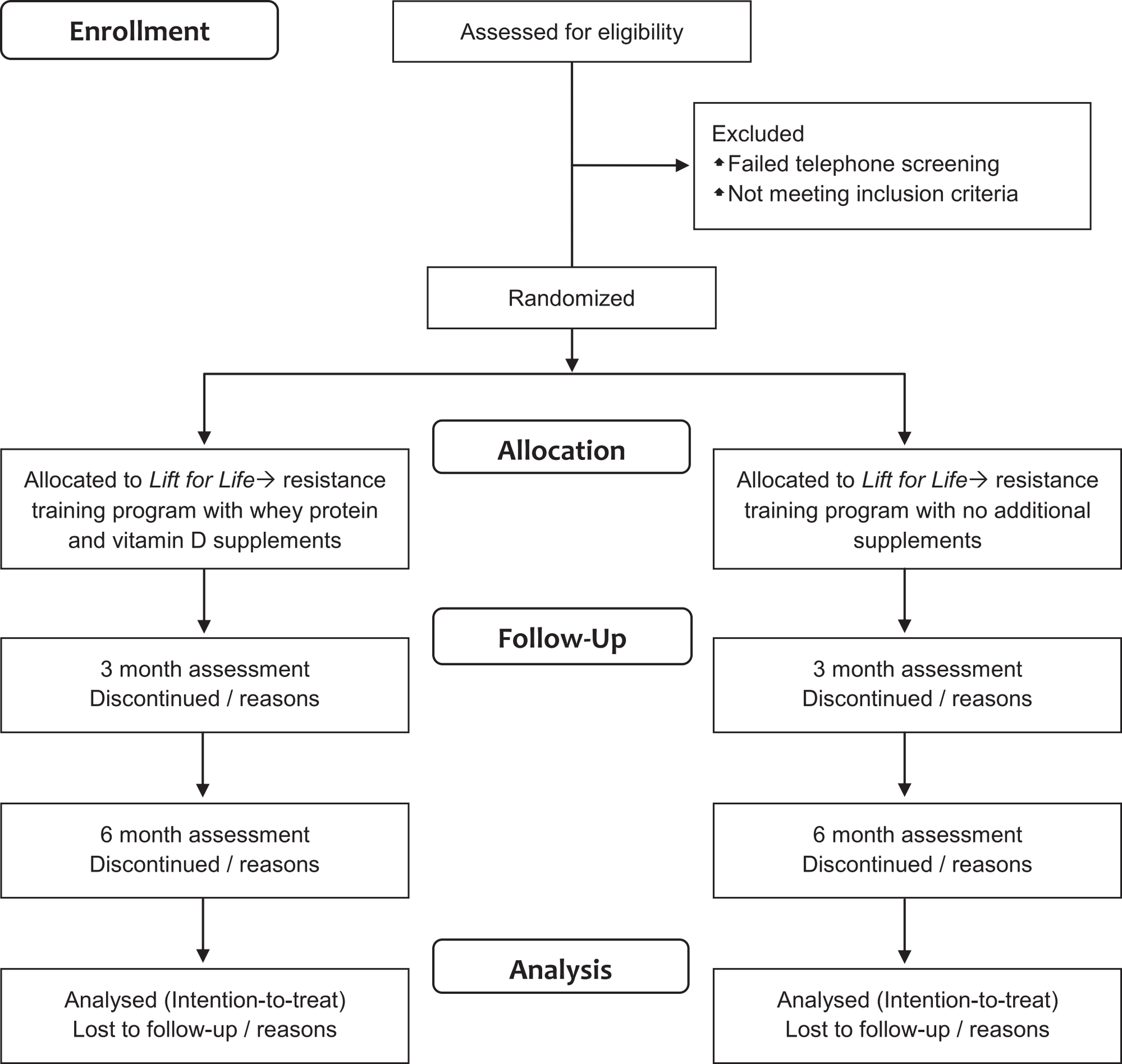
Enrollment
Assessed for eligibility
Excluded
Failed telephone screening
Not meeting inclusion criteria
Randomized
Allocation
Allocated to *Lift for Life*→ resistance training program with whey protein and vitamin D supplements
Allocated to *Lift for Life*→ resistance training program with no additional supplements
Follow-Up
3 month assessment
Discontinued / reasons
3 month assessment
Discontinued / reasons
6 month assessment
Discontinued / reasons
6 month assessment
Discontinued / reasons
Analysis
Analysed (Intention-to-treat)
Lost to follow-up / reasons
Analysed (Intention-to-treat)
Lost to follow-up / reasons