

**Ethical approval for multi-centre trial**

**Screening**

**Assessment 1: 0 weeks; n = 62**

***Physical Activity Group; n = 31***

***6 visits [week 1, 2, 3, 6, 10, 14]***

***Social Interaction Group; n = 31***

***6 visits [week 1, 2, 3, 6, 10, 14]***

**Assessment 2: +16 weeks**

**Assessment 3: + 26 weeks**

**All participants offered brief activity intervention**

**End of study**