

536 expressed interest in the feasibility study

279 (52%)

Ineligible after initial screening

- Did not have OA

257 (48%)

Eligible for further screening

221 (86%)

Did not meet eligibility criteria

- Doing > 60 mins of PA per week
- Taking pain relief medication
- Unable to commit to study

36 (14%)

Met eligibility criteria and randomised

19 (53%)

3-day walking group

17 (47%)

5-day walking group

8 (23%)

Did not complete study

- 6 (17%) - health reasons
- 1 (3%) - personal reasons
- 1 (3%) - daily pain medication

28 (77%)

Completed study