

1. Health conditions present at enrolment

Table S1. Frequency of medical conditions in those enrolled in the main intervention.

Medical Condition	Number of Participants
Acid Reflux	46
Angina	2
Anxiety	2
Arthritis	20
Asthma	9
Breast Cancer (in remission)	4
COPD	6
Depression	22
Diabetes	24
Diverticular Disease	2
Emphysema	1
Enlarged Prostate	26
Glaucoma	4
Gout	10
Heart Attack	4
Heart Bypass	2
Heart Failure	3
High Blood Pressure	95
High Cholesterol	97
Hypothyroidism	17
MS	1
Nerve Damage	3
Osteoporosis	7
Overactive Bladder	3
Prostate cancer (in remission)	4
Sjogren's Syndrome	2
Stroke	3