

n= 16 010

Original subject source of men and women aged 55–74 years in 2002

n=3000

Random sample,
invited to the study in 2002

Death	20
Severe disease	48
Moved elsewhere	13
Not interested	647
No response	210

n=2062

Willing to participate

Death	9
CVD	3
Cancer	2
Dementia	3
Musculoskeletal disease	4
Other disease	27
Loss of motivation	59
Moved elsewhere	20
Unknown reasons	103
Unreachable	3

Run-in phase in 2003–2005

n=1829

Invited to the baseline
examinations in 2005

Death	24
CVD	12
Cancer	12
Dementia	4
Musculoskeletal disease	15
Other disease	29
Loss of motivation	103
Moved elsewhere	38
Personal reasons	20
Unknown reasons	87
Unreachable	6

n=1479

Participated in the baseline
examinations in 2005–2006

CVD	18
Dementia	1
Musculoskeletal disease	8
Other disease	19
Loss of motivation	22
Moved elsewhere	1

n=1410

Randomization

Intervention groups:

- 1) Aerobic Exercise (n=234),
- 2) Resistance Exercise (n=236),
- 3) Dietary (n=236),
- 4) Aerobic + Dietary (n=234),
- 5) Resistance + Dietary (n=234),
- 6) Reference (n=236),