

Exercise and diet intervention study (DR's EXTRA)

n=1410

3 months
intervention

Drop out within three month	42
Did not attend intervention visit	22
Refused to fill in questionnaire	9
Not Finnish-speaking	2
Disease	1
Other unspecific reasons	10

n=1324

‘Informed consent’
questionnaire survey

12 months
intervention

Drop out within three month	16
Drop out within 12 month	12
Total	28
- Drop out from aerobic exercise group	7
- Drop out from resistance exercise group	13
- Drop out from dietary group	8

Evaluation of implementation and success in exercise and diet interventions after 12 month of intervention

n=597

Evaluation restricted to three intervention groups and to those participants who completed the 'informed consent' questionnaire

Aerobic Exercise
(n=199)

male n=90, female n=109

Resistance Exercise
(n=194)

male=103, female n=91

Dietary
(n=204)

male n=100, female n=104