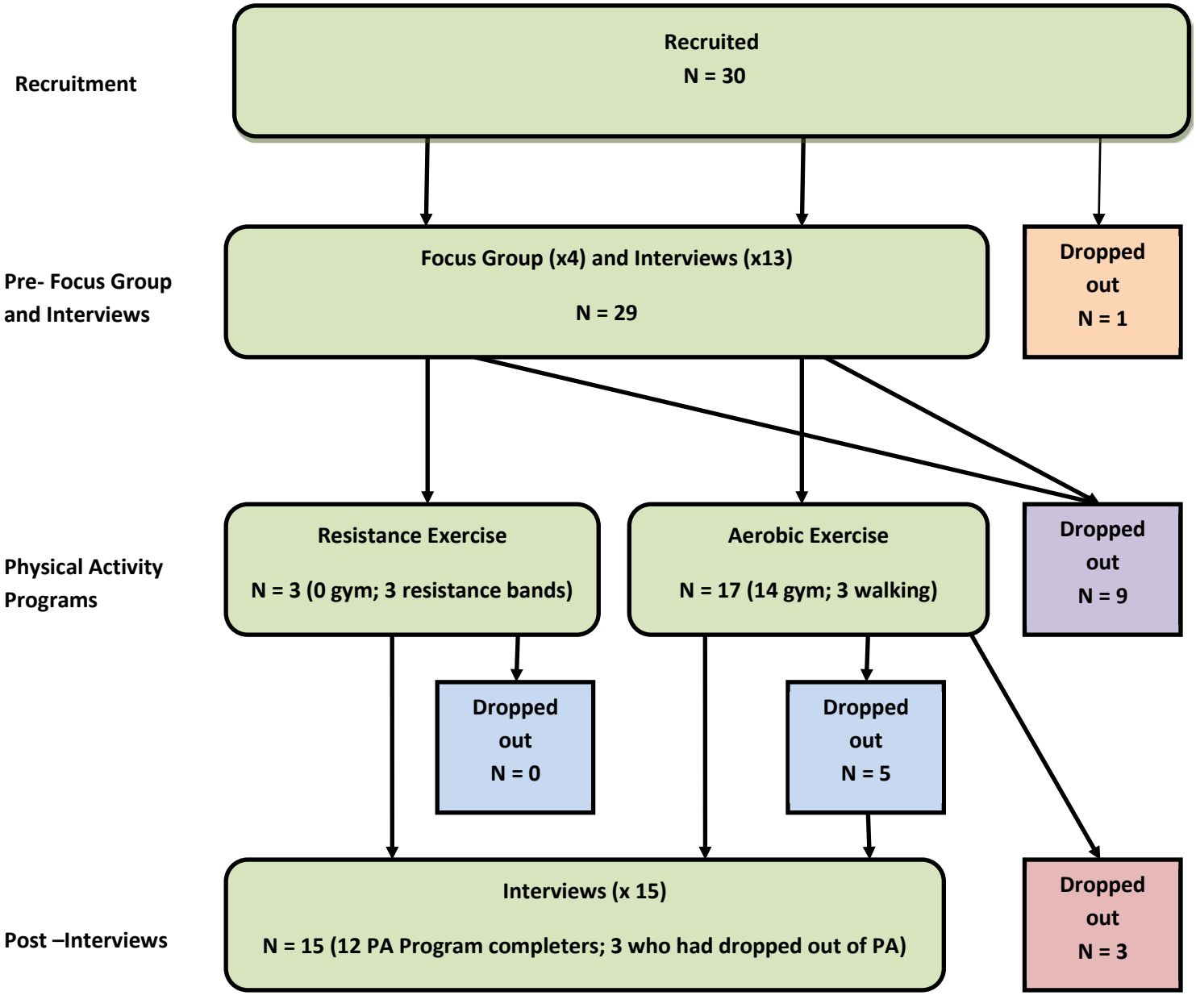
Recruitment
Recruited
N = 30
Pre- Focus Group and Interviews
Focus Group (x4) and Interviews (x13)
N = 29
Dropped out
N = 1
Physical Activity Programs
Resistance Exercise
N = 3 (0 gym; 3 resistance bands)
Aerobic Exercise
N = 17 (14 gym; 3 walking)
Dropped out
N = 9
Dropped out
N = 0
Dropped out
N = 5
Post –Interviews
Interviews (x 15)
N = 15 (12 PA Program completers; 3 who had dropped out of PA)
Dropped out
N = 3