**Table S1: Educational Topics**

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| Week 1 | Introduction to Exercise |
| Week 2 | Goal Setting |
| Week 3 | Behaviour Change |
| Week 4 | Planning for Barriers |
| Week 5 | Social Support |
| Week 6 | Monitoring Behaviour |
| Week 7 | Maintaining Motivation |
| Week 8 | Personal Control |
| Week 9 | Self-Reward, Discipline & Attitude |
| Week 10 | Adapting Your Program |
| Week 11 | Health and the Media |
| Week 12 | Lifelong Active Living |

These topics were covered in all three intervention arms.