

Recruitment

Expressed interest to participate (n=216)

Did not return e-mail, unable to contact further, indicated they weren't eligible (n=162)

Enrollment

Assessed for eligibility over phone (n=54)

Excluded (n=11)
- Not meeting inclusion criteria (n=2)
- Declined to participate (n=1)
- Other reasons (n=8)

Enrolled (n=43)

Follow-up & Analysis

Analyzed (n=35)

Excluded (n=8)
- Lost to follow-up (n=1)
- Did not meet BMI criteria (n=2)
- Incomplete data (n=2)
- Unable to complete submaximal test (n=3)