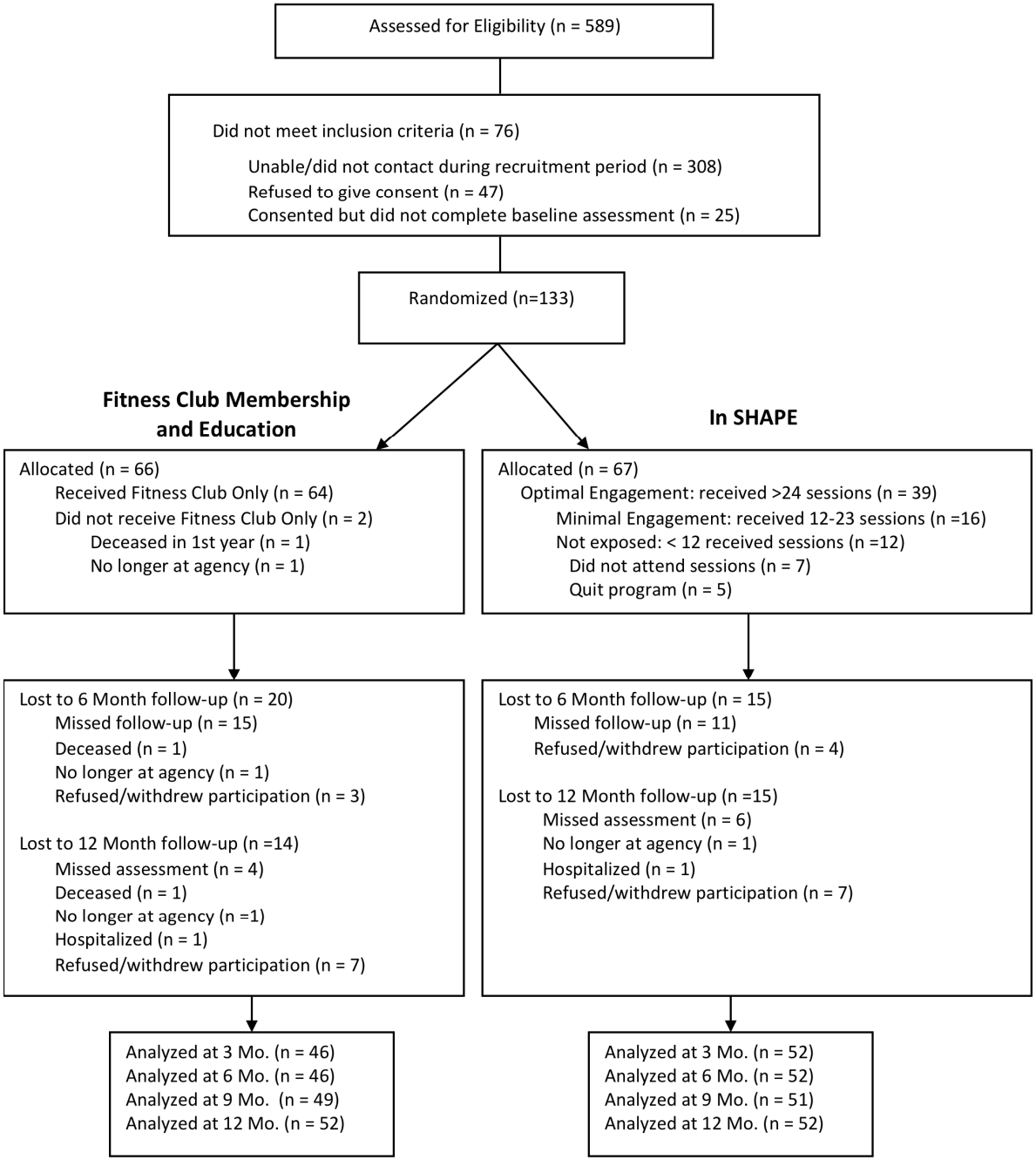
Assessed for Eligibility (n = 589)
Did not meet inclusion criteria (n = 76)
Unable/did not contact during recruitment period (n = 308)
Refused to give consent (n = 47)
Consented but did not complete baseline assessment (n = 25)
Randomized (n=133)
Fitness Club Membership and Education
In SHAPE
Allocated (n = 66)
Received Fitness Club Only (n = 64)
Did not receive Fitness Club Only (n = 2)
Deceased in 1st year (n = 1)
No longer at agency (n = 1)
Allocated (n = 67)
Optimal Engagement: received >24 sessions (n = 39)
Minimal Engagement: received 12-23 sessions (n =16)
Not exposed: < 12 received sessions (n =12)
Did not attend sessions (n = 7)
Quit program (n = 5)
Lost to 6 Month follow-up (n = 20)
Missed follow-up (n = 15)
Deceased (n = 1)
No longer at agency (n = 1)
Refused/withdrew participation (n = 3)
Lost to 12 Month follow-up (n =14)
Missed assessment (n = 4)
Deceased (n = 1)
No longer at agency (n =1)
Hospitalized (n = 1)
Refused/withdrew participation (n = 7)
Lost to 6 Month follow-up (n = 15)
Missed follow-up (n = 11)
Refused/withdrew participation (n = 4)
Lost to 12 Month follow-up (n =15)
Missed assessment (n = 6)
No longer at agency (n = 1)
Hospitalized (n = 1)
Refused/withdrew participation (n = 7)
Analyzed at 3 Mo. (n = 46)
Analyzed at 6 Mo. (n = 46)
Analyzed at 9 Mo. (n = 49)
Analyzed at 12 Mo. (n = 52)
Analyzed at 3 Mo. (n = 52)
Analyzed at 6 Mo. (n = 52)
Analyzed at 9 Mo. (n = 51)
Analyzed at 12 Mo. (n = 52)