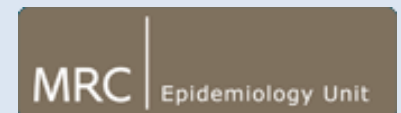




Randomised controlled trial of a very brief pedometer intervention to promote physical activity in preventative health checks.

Jo Mitchell¹, Wendy Hardeman², Sally Pears¹, Stephen Sutton¹
on behalf of the VBI research team

1. University of Cambridge, 2. University of East Anglia





Step It Up: The VBI Trial

Walk

Swim

Dance

Run

Stretch

Cycle

Step It Up!

Step It Up

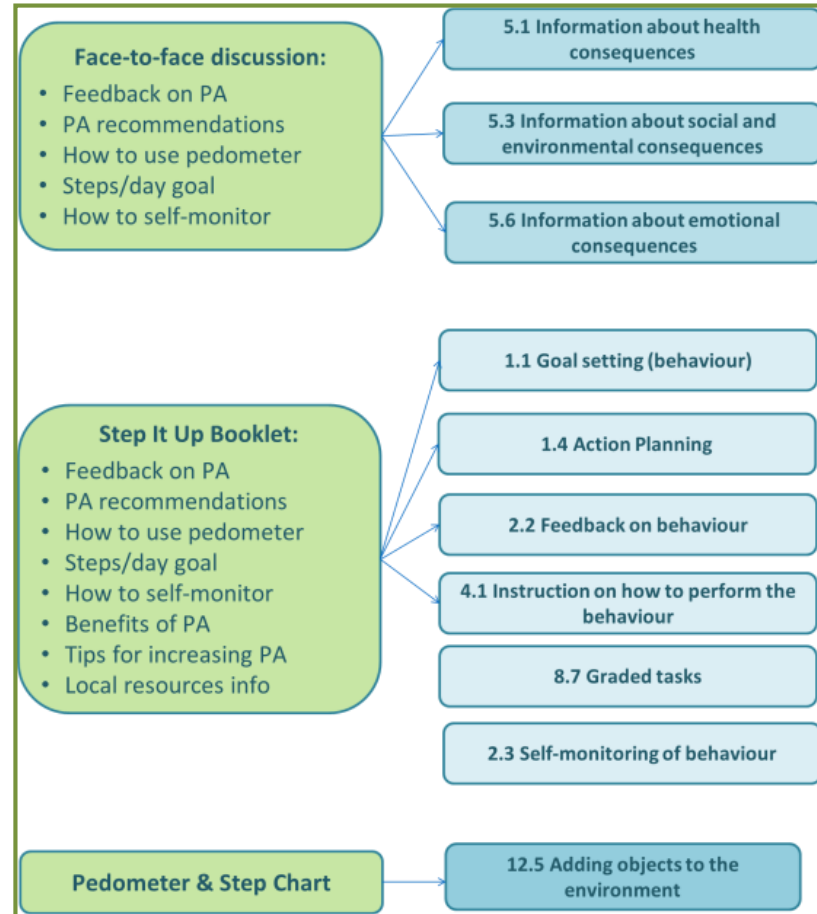
Your Current Physical Activity Level:

You're already active, well done! Keep up the good work!

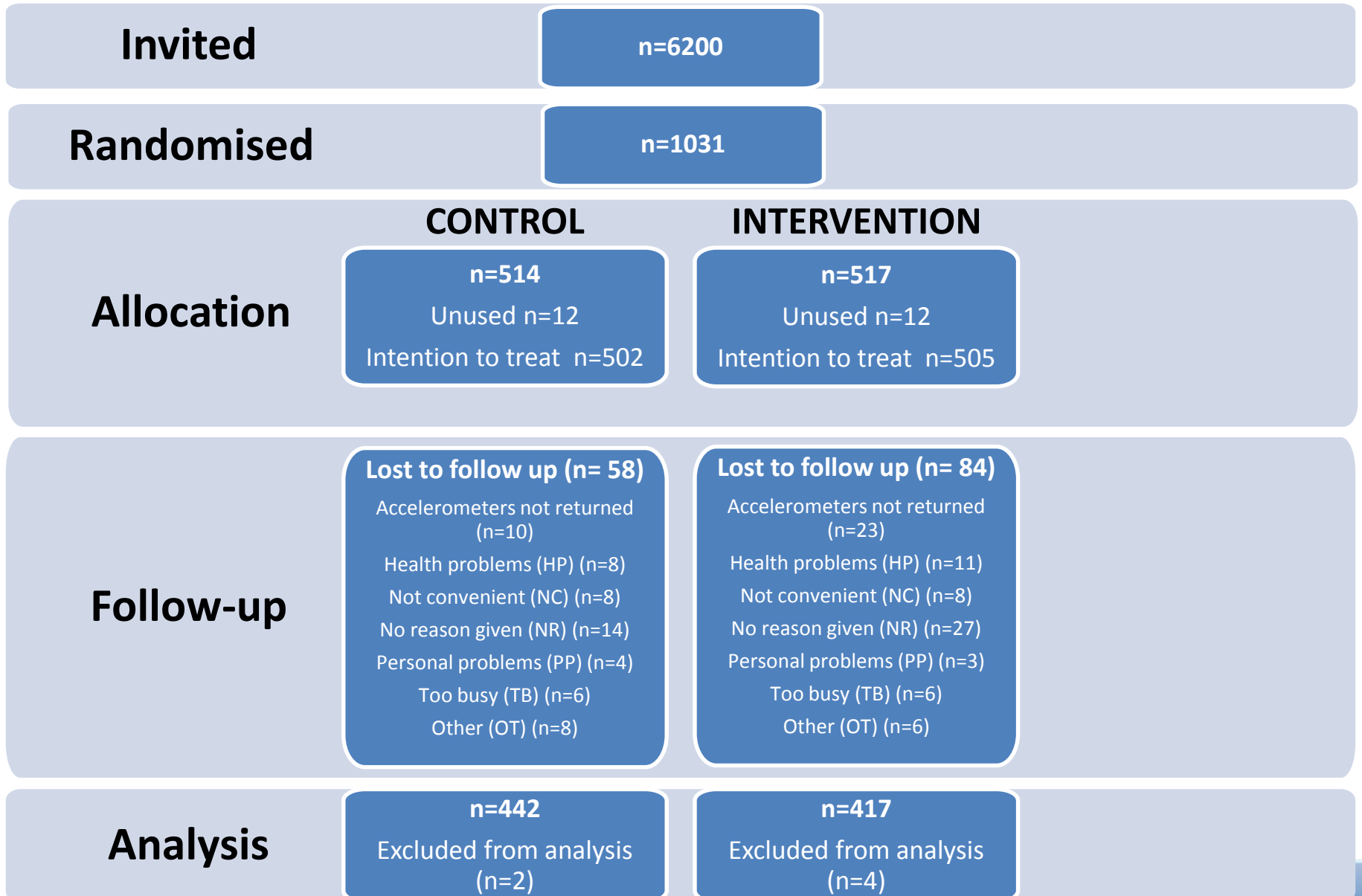
You could benefit from increasing your physical activity.

Step Chart

Step Goal	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Steps & Notes
This week I will try to walk	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Steps walked this week:
steps a day	steps	steps	steps	steps	steps	steps	steps	After walked this week:
Week 2								
This week I will try to walk	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Steps walked this week:
steps a day	steps	steps	steps	steps	steps	steps	steps	After walked this week:
Week 3								
This week I will try to walk	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Steps walked this week:
steps a day	steps	steps	steps	steps	steps	steps	steps	After walked this week:
Week 4								
This week I will try to walk	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Today I walked	Steps walked this week:
steps a day	steps	steps	steps	steps	steps	steps	steps	After walked this week:



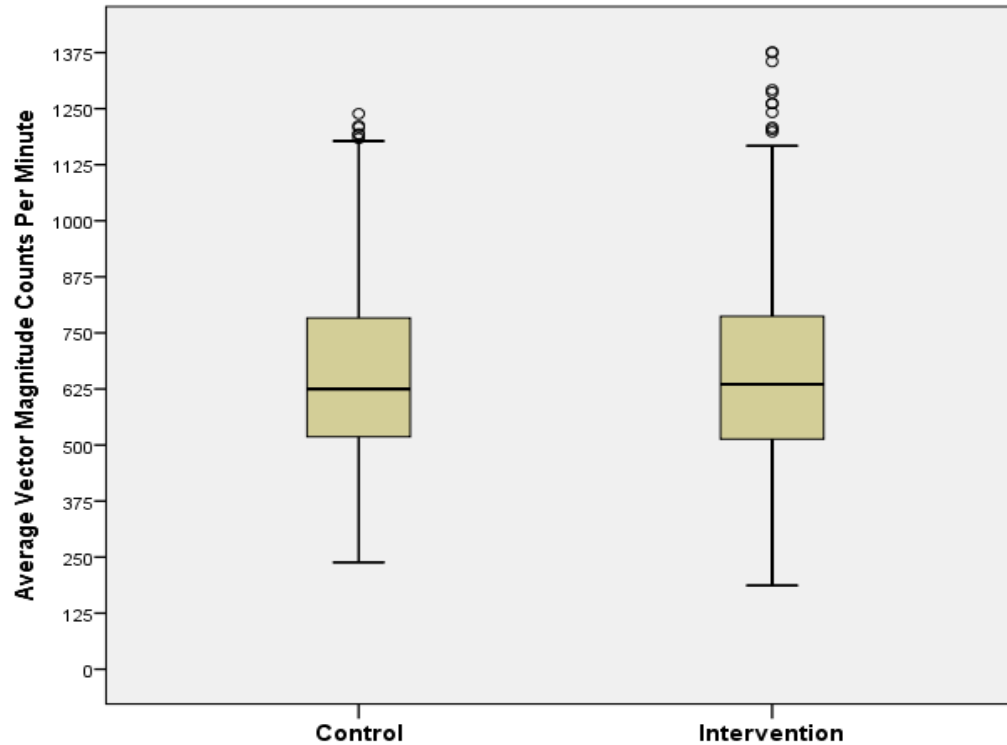
The VBI Trial Consort Diagram





Primary outcome: Accelerometer counts per day

Preliminary Results



Intervention effect (95% CI) adjusted for gender, five-year age group and practice:
+8.3 (-19.2, 35.8) p-value=0.55