

Interventions

Exercise

- 3 days/week, 60 mins/session: 10 min warm-up, 45 min circuit training, 5 min cool-down/stretch
- Individualized goal-based program to improve knee function and reduce pain
Ageberg et al. BMC. Musculoskelet. Disord. 2010
- Total 47 facility based sessions and 109 home based sessions

	12 weeks	12 weeks	12 weeks	12 weeks	4 weeks
Facility based*	2	1	1/2	1/3	1/4
Home based*	1	2	3	3	3

**Counted as sessions per week*

Dietary consultancy

- Weekly meetings with dietician, 60 mins/session
- Focus on long-term lifestyle modifications
- 1 formula product/day (Cambridge Weight Plan)
- Total 52 facility based sessions