**Table 6. Characteristics of studies including only obese adults**

| **Author, year**  **Study Location** | **Years of Recruitment** | **Single or Multisite** | **Recruitment Setting** | **Study Design** | **Inclusion Criteria** | **Study’s stated goal is weight maintenance** | **Control**  **Active Intervention** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Trials** | | | | | | | |
| Hemmingsson, 20091  Sweden | 2005 | Not reported | Newspaper | Randomized intervention | Female only  Age: 30-60  Abdominally obese (waist circumference 88-120 cm)  Work outside the home at least 3 days per week  Passed physician physical that identified no contraindications to physical activity  Receptive to intervention of changing commuting habits to work | No | Pedometer based walking program with group sessions to encourage walking to work  Given a bicycle, individual cousenling with a physician about physical activity and group counseling to encourage bicycle riding to work |

**References**

1. Hemmingsson E, Uddén J, Neovius M, Ekelund U, Rössner S. Increased physical activity in abdominally obese women through support for changed commuting habits: a randomized clinical

trial. International Journal of Obesity (2005) 2009; 33(6):645-52.