Appendix 2. Pretest, posttest, and follow-up descriptive statistics (untransformed values are reported for cardiovascular activities, stretching activities, strengthening activities, and balance).

		T1		T2		T3	
Outcome measure/ Condition		M	SD	М	SD	М	SD
Cardiovascular Activities (min/wk)							
,	Treatment Control	53.7 47.5	73.5 55.6	108.6 83.3	72.1 71.1	122.1 89.8	82.9 78.8
Stretching Activities (min/wk)	Control	17.0	00.0	00.0		00.0	70.0
(,	Treatment	21	39.6	49.1	48.8	50.9	54.5
Strengthening activities (min/wk)	Control	20.9	32.1	29.3	31.4	34.3	39.2
(IIIIII WIC)	Treatment	22.5	52.9	53.7	53.7	51.5	59
Dolongo (min/ult)	Control	15.6	33.4	29.5	50.6	31.6	42
Balance (min/wk)	Treatment	8.4	20.8	35.6	44.1	40.4	57.6
	Control	6.2	19.9	17.4	36.4	18.9	39.4
Number of Physical Activities (count/week)							
	Treatment	6.4	3.5	9.1	2.8	9	3
BMI (kg/m2)	Control	6.4	3.2	7.8	3.5	7.8	3.6
Divir (Ng/1112)	Treatment	29.1	7.2	28.6	7	27.9	6.8
	Control	28.8	6	28.6	6.3	28.3	6.5
SF-12 Physical	Treatment	-0.01	0.76	0.03	0.66	0.04	0.66
	Control	0.01	0.76	-0.07	0.87	-0.07	0.84
SF-12 Mental		•	0.0_				
	Treatment	0.7	8.0	0.88	0.7	0.86	0.72
Attitudes/Knowledge	Control	8.0	8.0	0.71	8.0	0.7	0.84
Attitudes/Knowledge	Treatment	4	0.6	4.2	0.5	4.2	0.5
	Control	4.1	0.6	4.1	0.5	4.1	0.5
Self-efficacy							
	Treatment	3.5	0.9	3.7	8.0	3.8	
Behavioral Intentions	Control	3.6	8.0	3.5	0.9	3.6	8.0
Bonavioral intentione	Treatment	3.7	1	4	0.9	3.9	0.9
Motivation to exercise	Control	3.7	0.9	3.5	1.1	3.6	1
MOUVALION TO EXCICISE	Treatment	3.2	0.9	3.6	0.7	3.6	0.9
	Control	3.1	1	3.3	0.9	3.3	0.9

Ability to Exercise							
	Treatment	3.6	0.4	3.6	0.4	3.7	0.4
	Control	3.6	0.5	3.6	0.5	3.6	0.5
Barriers to Exercise							
	Treatment	3.5	8.0	3.8	8.0	3.9	8.0
	Control	3.7	8.0	3.7	8.0	3.8	8.0