

Table B. Outcome variables over time by group									
	Coach	Coach	Coach	RealAge	RealAge	RealAge	Control	Control	Control
	(N=150)	(N=126)	(N=135)	(N=135)	(N=107)	(N=112)	(N=138)	(N=126)	(N=120)
	Baseline	6 mos	12 mos	Baseline	6 mos	12 mos	Baseline	6 mos	12 mos
% energy from fat (mean)	33.55 (4.35)	32.48 (4.50)	32.49 (5.71)	33.87 (4.81)	32.96 (4.56)	32.52 (4.27)	33.59 (4.76)	33.10 (4.27)	33.49 (4.63)
Fruit and Vegetable Consumption (mean)	2.63 (1.53)	2.93 (1.55)	3.08 (1.52)	2.63 (1.52)	2.85 (1.63)	2.82 (1.61)	2.47 (1.58)	2.56 (1.48)	2.45 (1.45)
Body Mass Index (mean)	30.17 (6.45)	29.96 (6.25)	29.52 (6.53)	30.53 (7.47)	30.35 (7.14)	31.19 (10.36)	30.87 (6.67)	30.53 (6.75)	31.00 (7.02)
Waist Circumference (mean)	36.60 (6.36)	36.07 (5.70)	35.88 (6.09)	37.97 (9.86)	36.80 (6.56)	36.18 (6.44)	37.44 (6.51)	37.19 (7.11)	37.25 (7.23)
Physical Activity per week									
min/week mod activity (mean)	83.7 (123)	93.6 (117)	92.6 (125)	81.8 (108)	87.7 (93)	82.1 (92)	76.6 (108)	81.6 (102)	79.8 (95)
min/week vig activity (mean)	53.8 (77)	59.2 (74)	65.9 (89)	49.6 (61)	47.2 (50)	49.1 (55)	46.4 (64)	56.5 (70)	51.7 (60)
RAPA									
% sedentary	1.4 (2)	0.8 (1)	0	4.5 (6)	1.9 (2)	1.8 (2)	5.6 (8)	2.4 (3)	4.2 (5)
% under active	15.5 (23)	11.9 (15)	11.1 (15)	16.5 (22)	15.9 (17)	23.2 (26)	21.1 (30)	19.8 (25)	16.7 (20)
% under active regular	34.5 (51)	30.2 (38)	29.6 (40)	33.8 (45)	25.2 (27)	17.9 (17.9)	27.5 (39)	20.6 (26)	26.7 (32)
% active	16.2 (24)	12.7 (16)	7.4 (10)	11.3 (15)	10.3 (11)	13.4 (15)	13.4 (19)	15.1 (19)	8.3 (10)
% active plus	32.4 (48)	43.7 (55)	51.9 (70)	33.1 (44)	46.7 (50)	43.8 (49)	29.6 (42)	42.1 (53)	44.2 (53)
Stress (mean)	1.83 (0.50)	1.02 (0.67)	0.98 (0.71)	1.91 (0.51)	1.09 (0.70)	1.06 (0.75)	1.96 (0.58)	0.97 (0.68)	1.01 (0.74)
Health-related Stress (mean)	1.12 (1.12)	0.86 (0.96)	0.83 (0.99)	1.05 (0.98)	0.94 (0.97)	0.90 (0.87)	1.11 (1.00)	0.85 (0.90)	0.84 (0.90)
Coping Behaviors (mean)									
Positive coping behaviors	1.50 (0.57)	1.49 (0.54)	1.39 (0.66)	1.36 (0.64)	1.33 (0.64)	1.37 (0.67)	1.47 (0.67)	1.43 (0.70)	1.31 (0.70)
Negative coping behaviors	0.37 (0.37)	0.31 (0.37)	0.25 (0.33)	0.38 (0.36)	0.31 (0.38)	0.36 (38)	0.37 (0.41)	0.30 (0.34)	0.25 (0.32)
Smoking Status									
Current smoker	11.8 (16)	8.1 (10)	10.4 (14)	12.6 (16)	11.2 (12)	10.8 (12)	15.2 (21)	12.3 (15)	15.3 (18)
No, quit within 6 mos	2.9 (4)	1.6 (2)	0.7 (1)	0.8 (1)	0.9 (1)	0.9 (1)	4.3 (6)	4.1 (5)	1.7 (2)
No, quit 6+ mos ago	27.9 (38)	33.1 (41)	29.6 (40)	27.6 (35)	26.2 (28)	27.0 (30)	26.8 (37)	27.0 (33)	30.5 (36)
Never smoked	57.4 (78)	57.3 (71)	59.3 (80)	59.1 (75)	61.7 (66)	61.3 (68)	53.6 (74)	56.6 (69)	52.5 (62)