Supplementary material

Enrollment

Assessed for eligibility (n=4987)

Excluded (n=4891)
- Not meeting inclusion criteria (n=4130)
- Declined to participate/non-response following screening (n=761)

Allocated to dog acquisition (n=26)
- Received allocated treatment (n=23)
- Failed to acquire a dog resulting in withdraw from study (n=3)

Allocated to lagged control (n=37)
- Received allocated treatment (n=37)
- Did not receive allocated treatment (n=0)

Allocated to control (n=33)
- Received allocated treatment (n=33)
- Did not receive allocated treatment (n=0)

Follow-Up

Lost to follow-up (n=2)
- 2=non-response
- Discontinued intervention (n=1)
- 1=relinquishment

Lost to follow-up (n=6)
- 5=non-response
- 1=withdrew consent
- Discontinued intervention (n=0)

Lost to follow-up (n=5)
- 3=non-response
- 2=withdrew consent
- Discontinued intervention (n=0)

Analysis

Analysed self-reported PA (n=17)
Analysed accelerometer PA (n=9)
Analysed BP & HR (n=15)
- Excluded from analysis (n=2)
Analysed VO2max (n=10)
- Excluded from analysis (n=7)

Analysed self-reported PA (n=29)
Analysed accelerometer PA (n=16)
Analysed BP & HR (n=28)
- Excluded from analysis (n=1)
Analysed VO2max (n=19)
- Excluded from analysis (n=10)

Analysed self-reported PA (n=25)
Analysed accelerometer PA (n=13)
Analysed BP & HR (n=24)
- Excluded from analysis (n=1)
Analysed VO2max (n=12)
- Excluded from analysis (n=13)