

Seniors Wanted for Research

The STRIDES Study

Why should I participate?

- Help find new ways to measure walking in older adults.
- This may lead to better quality of life for Canadian seniors.

Receive up to \$60 for participating and transportation assistance.

Can I participate?

You may be eligible if you:

- **Have difficulty walking 2-3 blocks or up a flight of stairs**
- Are 65 years of age or older
- Speak English

What is STRIDES?

- This study will help us learn how well activity monitors, like the Fitbit, count steps in older adults.
- The study is being conducted by Stephanie Maganja and Dr. Dawn Mackey, Department of Biomedical Physiology & Kinesiology, Simon Fraser University.

Where & When?

Simon Fraser University, Burnaby
Winter/Spring 2017



What will I do?

- Attend 1 weekend session (~3 hrs).
- Perform simple walking and physical tests (e.g. blood pressure).
- Complete questionnaires.
- Optional: Wear a Fitbit for 7 days & learn about your physical activity

If you would like to participate or find out more, please contact us:

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Aging & Population Health Lab

