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

Can I participate?

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.

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

Where & When?
Simon Fraser University, Burnaby
Winter/Spring 2017