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|  SITLESS STUDYWHATS INVOLVED?* Eight study visits (each lasting 1 hour approximately).
* Tailored exercise sessions with a qualified fitness instructor.
* Learning new ways to help you become more active.
* You will receive a pedometer and transportation expenses

for study visits.FOR MORE INFORMATIONCONTACT: Dr Jason Wilson/Mrs Nichola LairdEmail: sitlessni@qub.ac.ukPhone: 0289097 1641 (Mon, Tues and Wed morning)C:\Users\1289446\Pictures\SITLESS PHOTOS\Webpage-logo.pngC:\Users\1289446\Pictures\SITLESS PHOTOS\Webpage-logo.png |
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| ARE YOU LIVING IN THE COMMUNITY AND AGED 65 YEARS OR OVER?ARE YOU DOING LESS THAN 150 MINUTES EXERCISE PER WEEK?NOT SUFFERING FROM ANY UNSTABLE MEDICAL CONDITIONS?ARE YOU ABLE TO WALK WITHOUT THE HELP OF ANOTHER PERSON (WITH OR WITHOUT AN AID?)ARE YOU WILLING TO TAKE PART IN AN EXERCISE PROGRAMME?IF SO, THEN YOU MAY BE ELIGIBLE TO PARTICIPATE IN ANEU-FUNDED RESEARCH PROJECT BEING CARRIED OUT BY QUEEN’S UNIVERSITY BELFAST |

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