**Helping older adults become more active: the SITless study**

The SITLESS study is an EU-funded Horizon 2020 project being conducted by Queen’s University Belfast in collaboration with six other institutions based in Europe. The study aims to assess how combining an exercise programme (ERS) with additional sessions to encourage active lifestyles (SMS) can influence sitting time in older adults (aged 65 years and over). To take part in the study, participants must be: living in the community; taking part in little-to-no weekly exercise; not suffering from any unstable medical conditions; and able to walk independently for at least two minutes.

The study will include four assessment periods at baseline, post-intervention, 12-months and 18-months post-intervention. Participants will complete a variety of questionnaires and simple tests to assess their ability to complete certain everyday activities such as balancing, sit-to-stand and walking ability. Participants will also wear an ActiGraph activity monitor for seven days to measure their daily activity levels.

Participants will be randomised to either:

* **ERS+SMS group:**An exercise programme combined with seven additional sessions lasting up to 17 weeks in total as well as four telephone calls. These will mainly be group-based sessions to help support individuals to sit less and be more active.
* **ERS group:**Same intervention as above without receiving any additional sessions lasting for up to 16 weeks.
* **Control group:**Receive general healthy lifestyle advice for older adults.

The study is starting in October 2016. If you would like more information or would like to take part, please contact Dr Jason Wilson or Mrs Nichola Laird by email ([sitlessni@qub.ac.uk](https://qmail.qub.ac.uk/owa/redir.aspx?C=vsxD6ORz5VqVtOlnG_uZObpcztMAr8gQaLCJj8-fXz0GZGrHFeDTCA..&URL=mailto%3asitlessni%40qub.ac.uk)) or telephone (02890971641: Monday and Tuesday: 9.00am – 5.00pm, Wednesday: 9.00am – 1.00pm).