Research Study Recruitment

Improving Healthy Lifestyles for Older Adults

You are invited to participate in a research study at North Dakota State University. This research study will involve completing a 10-week wellness program for improving healthy lifestyle behaviors (e.g., physical activity, diet, sleep). Other functional and health-related measures will also be assessed.

We are recruiting adults who are at least 65 years of age and who are generally in good health.

- Participants must also meet the following criteria to potentially be included:
  - Cognitively intact
  - Speak and read the English language fluently
  - No medical problems that preclude physical activity participation
  - Have daily access to the internet
  - Able to wear an accelerometer (small device about the size of a large coin) on the waist for multiple days
  - Body mass index of at least 30 kg/m²

- You will be provided up to $200 for your time in completing the study.

This research is conducted under the direction of Dr. Ryan McGrath at North Dakota State University. Support for this project was provided by a GP-IDEA CTR pilot award. This pilot project has been approved by the North Dakota State University Institutional Review Board.

If interested, please contact Dr. Ryan McGrath. You may be asked to complete a brief questionnaire to determine eligibility before you can participate.

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