



Research Participants Needed!

We are recruiting adults aged 60 years and older
who are living in Central Florida

The purpose of this study is to develop the Light-intensity Physical Activity (LPA) guidelines for safe and effective physical activity intervention in ethnically diverse older adults

What you will be asked to do in the study:

You will complete an online demographic survey. We will meet at a meeting room at UCF (College of Nursing or Wearable lab or the Institute of Exercise Physiology and Rehabilitation Science (based on your preference). You will do the balance tests by standing as still as possible on the balance plate with hands on your hips and eyes closed for 2-3 minutes. Then, you will do the standing and walking tests and assess your body composition (such as percent of body fat). Finally, you will be instructed to wear the activity monitoring devices on your non-dominant wrist for 7 consecutive days.

It will take about 120-150 minutes (total).

After 7 days, we will collect the activity monitoring devices. You can return the devices via mail (we will provide pre-paid mailers) or schedule a date/time for picking it up. You will be offered a \$50 gift card at the end of the study.

All CDC guidelines will be followed to aid in the prevention/spread of COVID-19.

If you are interested in participating in this study, please contact:
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