

Participants needed at The Village at University Gates

Men and women over the age of 65 years are being recruited to study the impact of COVID-19 restrictions on physical activity levels and heart rate.

As a participant in this study, you will receive a Ziploc bag containing pre-sanitized heart rate monitor, electrodes and instructions on how to put the monitor on your chest. You will be asked to complete a health status questionnaire and put the monitor on and wear it for three (3) days. There are no restrictions on what you can do while wearing the monitor, please do your normal daily activities.

While you are wearing the monitor, it will measure your activity with an accelerometer and your heart rate from the electrode patch on your chest.

Your participation would involve two data collection sessions of 3-days each. We will collect data now and in one year's time to compare physical activity levels during current outbreak restrictions to those once restrictions are lifted.

This study has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee



Who is eligible?

- ✓ Men and women over 65 years of age living in a retirement community
- ✗ If you have a known sensitivity to skin tape you should probably not participate

Who are the researchers?

 Richard Hughson, PhD Schlegel Research Chair in Vascular Aging and Brain Health University of Waterloo	 Carmelo Mastrandrea, MD, PhD RIA Research Scientist University of Waterloo	 Eric Hedge, MSc RIA Student Researcher University of Waterloo
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For more information about this project, please contact
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RESEARCH

EDUCATION

PRACTICE