

CALL FOR PARTICIPATION

Do you want to be more active?

Would you like to share your experience and ideas for supporting physical activity?

If so, you are very welcome to participate in our research project! We want to hear your voices!



The Accessible Computing Technology Research Group of the McGill School of Information Studies is seeking study participants in a research project *Supporting Physical Activity in Later Life: Perspectives from Older Adults*, which aims at investigating how to support older adults to be more physically active. Specifically, we are looking for participants who:

- Are aged 65 or over and living alone
- Partake in no more than 2.5 hours of moderate- to vigorous-intensity aerobic activity each week
- Want to improve their activity levels
- Feel comfortable communicating in English.

We want to hear a diversity of views and especially encourage those who consider themselves less familiar or interested in digital technology (e.g., smartphones, tablets, computers) to participate.

This study will involve completing questionnaires and an interview on your physical activity needs and your feedback on our designs. Study activities will be conducted in person in Montreal and can be flexibly scheduled for a time and location that are convenient for you. You will receive \$15 as compensation.

Contact

If you would like to participate or have any questions or would like more information, please contact the study assistant Miriam Xia at 514-778-1848 or miriam.xia@mail.mcgill.ca, or the principal investigator, Ph.D. student Muhe Yang at muhe.yang@mail.mcgill.ca or 514-222-1812, or the faculty supervisor, Prof. Karyn Moffatt at karyn.moffatt@mcgill.ca. Thank you!