

People Aged 60+ years required for Senior Exercise Park Intervention Research Project

We are looking for volunteers living in the west side of Melbourne for a study investigating the effectiveness of exercise parks specifically designed for older people in improving strength and balance by Victoria University.



You are invited to participate in the study if:

- ✓ You are between 60-90 years old.
- ✓ You are generally active but do NOT exercise regularly.

Two groups will be involved in this study: (1) **an intervention group** and (2) **a control group**. This study is a randomised controlled trial which means that **you may be allocated by chance (like tossing a coin) to one of these groups**. Participants from both groups will be required to attend Victoria University Footscray Campus for 3 times. In these 3 visits, we will evaluate the following:

- ✓ Your muscle strength,
- ✓ Your functional and balance capacities,
- ✓ Your general health status and quality of life.

Each of these visits will take approximately 2 hours. Attending the 1st visit will occur after you have been recruited to the study while the other 2 visits will occur 18 weeks after your initial visit and then again 2 months later. If you are allocated to the intervention group you will be asked to attend the St Bernadette's Community Respite House (Sunshine North) for 2 visits per week (1 to 1.5-hours duration each session) for the duration of 18 weeks.

Interested in participating? Please contact:

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