



# AgingPLUS Study Seeking Research Participants Interested in Healthy Aging

The Adult Development and Aging Project (ADAPT) research team is currently looking for participants to be a part of a new clinical trial based on a recent successful pilot program.

**Participants will receive monetary compensation for their time commitment to the study, up to \$280.**

## Am I a candidate?

- Between 47 -75 years old
- English-speaking (using primarily English in speaking, reading, and writing in your daily life)
- Currently not exercising on a regular basis
- Willing to be randomized to one or two educational groups
- Willing to complete all components of the study, including attending all four group educational sessions.
- Willing to commit to six months of observation – with gaps between observations.



**HUMAN DEVELOPMENT  
AND FAMILY STUDIES**  
COLORADO STATE UNIVERSITY

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## Why this new program?

As the aging population grows, it is becoming more important to educate people about how to grow older in a healthy way. Based on our research findings, our team developed Aging<sup>PLUS</sup> to provide empowering knowledge to the public.

## What is involved?

### Before the start of the program:

- A 2 hour meeting to fill out a packet of self-report questionnaires, complete computer tasks
- A 1 hour meeting to conduct an assessment of cardiorespiratory and physical fitness
- Wear an accelerometer and keep a brief daily activity log for 7 days (both provided during your first meeting)

### Weeks 1-4

Attend 4 weekly group meetings to:

- Learn what can be expected in growing older
- Explore strategies for successful aging
- Connect with other like-minded adults from your community

### Week 8 and 6-Month Follow Up

- Wear an accelerometer and keep a brief daily activity log for 7 days
- Repeat the physical assessments and self-report questionnaires

## Program start and duration

Enrollment will continue on an ongoing basis.

**The Aging<sup>PLUS</sup> program is funded by the National Institutes of Health (NIH) to run from 2018-2022.**

## How do I sign up?

Contact **Kat Thompson** (Project Coordinator) or the ADAPT Lab research team for more information.

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