



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

Kat Thompson
Department of Human Development and Family Studies
(970) 491-5001
adapresearch@colostate.edu

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^{PLUS} 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^{PLUS} 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.

Phone: (970) 491-5001; (970) 491-1959

Email: adaptresearch@colostate.edu

