New Program Looking into Healthy Aging

Participate in a NIH-funded Study Promoting Strategies for Successful Aging

Why this new program?
As the aging population is growing, it is becoming more important to educate people about how to grow older in a healthy way. Based on research findings, our team developed AgingPLUS to provide "knowledge and tools" to the public.

What is involved?

Before the start of the program:
Two 1-hour meetings for (a) assessment of cardiorespiratory and physical fitness; and (b) filling out a packet of self-report questionnaires.

Weeks 1 - 4
Attend 4 weekly group meetings to .....  
• learn what can be expected in growing older;  
• explore strategies for successful aging; and  
• 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.

How do I sign up?
Contact Eden Griffin (Project Coordinator) and the ADAPT Lab research team for more information! Phone: (970) 491-5001 E-mail: adaptresearch@colostate.edu

Program Start and Duration
We are currently making preparations to get everything ready to launch the program. The first participants will very likely be enrolled in April/May of 2018.

The AgingPLUS program is funded by the National Institutes of Health (NIH) to run from 2018-2022.

Am I a candidate for this program?
Yes, you are a good candidate if you are:

• Between 45-75 years old  
• Able to communicate with English speakers  
• Willing to be randomly assigned to one of two education groups  
• Currently not exercising on a regular basis  
• Willing to attend all 4 group sessions and to commit to 6 months of observation--with gaps between observations

Compensation: Participants will receive monetary compensation for their participation in the program, up to $260.

Study Director: Manfred Diehl, Ph.D., University Distinguished Professor

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