

# Call For Participants



A mobile health intervention  
to increase physical activity in  
older adults

6 week(s) to complete

£20 Shopping voucher

Home-based intervention

Online

University of the West of Scotland

This study will evaluate the use of a personalised smartphone app designed to gradually increase physical activity levels in older adults. Participants will wear a small wrist-worn physical activity monitor and Fitbit watch in addition to receiving personalised notifications from a smartphone app to motivate them to achieve their physical activity goals.

This is a remote study and all equipment and pre-paid return envelopes will be sent to participants via courier.

Find out more online

Poster printed on 03/05/2024    Study expires on 05/10/2020

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/S8KQE3](http://www.cfp.cc/S8KQE3)

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