

Do you have serious difficulty walking or climbing stairs?

Your participation in a research study could help us find ways to keep older adults living independently.

ABOUT THIS STUDY

Our research team is testing two home-based exercise programs designed to help older adults walk better so they can maintain independence.

WHO CAN PARTICIPATE?

Adults aged 65 or older who have difficulty with walking or climbing stairs and ALSO:

- have access to the internet
- have no other medical reason why they could not exercise

WHAT WILL PARTICIPANTS DO?

The project will last up to 12 months and will involve:

- attending three in-person study visits
- wearing an activity monitor three times
- completing short surveys online


All participants will be asked to exercise and some will receive a coach using video over the internet.



We will provide you with all the exercise equipment you need and you can earn up to \$110 for participating.

FOR MORE INFORMATION

 <https://redcap.link/walk123>

 walkstudy@psu.edu



PARA MÁS INFORMACIÓN

 <https://redcap.link/estudiodepasos>

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