

# THE ACTIVDYAD STUDY

## CALLING COUPLES OVER THE AGE OF 60 TO TAKE PART IN A RESEARCH STUDY ABOUT PHYSICAL ACTIVITY IN OLDER AGE

Are you or somebody you know:

- Aged 60+ and in a relationship, marriage or civil partnership?
- Able to walk by yourself for at least one minute?
- Like to take part with their partner in a research study to monitor your and your partner's physical activity over one week?
- Live in Newcastle or the North East?



## IF YOU WOULD LIKE TO TAKE PART, YOU WILL BE ASKED TO:

- Take a series of questionnaires about your social life and your physical activity experiences.
- Wear an activity monitor and carry a smartphone to track your activity for 7 days
- Record your activities in a diary for the same 7 days

If you would like to take part, please get in touch with Leigh Ryan from Newcastle University on 0191 208 1387 or email him at [leigh.ryan@ncl.ac.uk](mailto:leigh.ryan@ncl.ac.uk). Each participant will receive a £20 shopping voucher in thanks (£40 per couple).

This research will help us understand how to support older adults to stay physically active by understanding how their social experiences and the places they visit influence their physical activity participation. You do not need to be very physically active or physically active at all to participate.