12-Week Walking Study

This study looks at how walking can help your body and brain.

What will I be asked to do?

A 12- week walking study. We want to see if regular walks make your bodies stronger and your minds healthier.

Why have I been asked?

You are an adult with Down syndrome older than 18 years. You have access to a phone or tablet. You have a parent/ caregiver who can join you on your walks.

Why?





Down syndrome sometimes makes your body and mind get tired very quickly.



Regular walking makes our bodies and minds stronger!

This might help you feel less tired and able to do more things!



We want to see how strong your body and mind is after walking.

Control Group:

If you are in this group:

- You will **not** do the walking exercise.
- You will live your life as normal.
- You will use a mobile app on your mobile phone.

The mobile app will record:

- Steps
- Walking speed
- Walking distance

It will not record anything else.

You will:

- Turn the app on in the morning.
- Turn it off at night.

Exercise Group:

If you are in this group:

- You will walk outside.
- 3-4 times a week.
- For 20-35 minutes each time.
- For 12 weeks.

The walks may get longer or faster at weeks 3, 6 and 9. This will help you to build fitness in a safe way.

You will use an app installed onto your mobile phone during walks. The app will record:

- Steps
- Walking speed
- Walking distance

It will not record anything else.



You will:

- Turn the app on before you walk.
- Turn it off after your walk.

Before the study:

You will meet Ruby on a video call.

She will explain the study and answer your questions.

Health Tests

The study will test your body, thinking and ageing health.
These tests include:

Physical tests:

[1] Six-minute walk test

You will walk for 6-minutes. We will see how far you walk in that time. This test will happen at weeks 1,6 and 12.

[2] Talking test

You will walk at an easy pace.

After 1 minute of walking sing 'Happy birthday'.

If you can sing loud and clear walk a little faster. Repeat every 1 minute until you can no longer sing loud and clear.

Stop walking when you can no longer sing.

This test will happen at week 1.

These tests will show how healthy your body is.

Make sure:

- Wear exercise shoes and clothes.
- Walk outside.
- Walk on stable ground.



Walking data:

- Turn the mobile app on before you walk.
- Turn it off after your walk.

Thinking Test

You will need a laptop/tablet. You will complete three thinking tasks. Each task takes 3-5 minutes to do. These tasks will be done at weeks 1,6 and 12. You can rest between each task BUT:

- You cannot rest during a task.
- You must not ask for help with answers.

Task 1- Colour game

You choose the colour of the word, not what the word says.

Task 2- Number game

Press the space bar for every number that appears on the computer screen, except number 3.

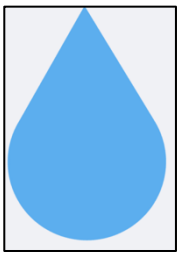
Task 3- Memory game

You watch the block light up. Click them in the same order you saw them light up.

Saliva test.

At week 1 and week 12:

- You will give a small spit sample.
- Your parent or carer will help.



1. This helps us see how your body is ageing and if walking helps.
2. It does not tell you if you are ill or if you have a medical problem.
3. Only a doctor can do that.

Plan for Tests:

Week	What will I do?
1	Physical tests, Thinking tasks, and Saliva test.
6	Six-minute walk test and Thinking task.
12	Six-minute walk test, Thinking task and Saliva test.

Your Choice

- You do not have to join.
- You can stop at any time.
- That is okay.

Need Help?

You or your family can contact Ruby at any time.

Email: Rc993@pgr.aru.ac.uk

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