WALKING FOR HEALTH

JOIN OUR WALKING EXERCISE STUDY!



INCLUSION CRITERIA:

- Adult with Down syndrome, aged 18 years or older.
- Has access to a mobile phone and a laptop or tablet.
- Has a parent/caregiver who is willing to assist throughout the study.
- Has no health problems that could be made worse by exercise.

TESTS:

At weeks 1, 6, and 12, we will ask you to do some tests. This includes:

- **A fitness test (see how far you can walk in 6 minutes).**
- **Thinking test (complete three short tasks on your laptop or tablet).**

You will also be asked to provide **a saliva sample** at weeks 1 and 12. A saliva test kit will be sent to your home address before the start of the study.

WALKING IMPROVES BODY, THINKING, AND AGEING HEALTH

We are looking for adults with Down syndrome to take part in a study on how walking improves health!

Walk for 12 weeks, 3–4 days per week, for 20–35 minutes each time

Scan the QR code to find out more!

SCAN HERE TO ACCESS MORE INFOMATION ABOUT THE STUDY

STUDY PLAN:



- **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 helps you build fitness safely.

You will use an app on your mobile device during your walks. The app will record:



- Steps
- Walking speed
- Walking distance

It will not record any other information.

You will:

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

FOR MORE INFORMATION EMAIL: RC993@PGR.ARU.AC.UK