

Aging^{Plus}: Aging in a Healthier Way!

Volunteers needed for an 8-week program that teaches strategies for healthy aging.

Try out a new program

Researchers at CSU have developed a program to help individuals with their own aging process. This program, called **Aging^{Plus}**, is based on a strong foundation of research, and has been developed to provide important knowledge to the public.

What is involved?

Part 1: Weeks 1 - 4

- ◆ Attend 4 exercise sessions and group meetings
 - ◆ Learn about what can be expected in growing older (Message: It's better than you think!)
 - ◆ A fitness instructor will introduce you to exercises you can do in your daily life.
 - ◆ Pick a goal for increasing your daily physical activity in a realistic and enjoyable way.
 - ◆ Learn strategies for achieving your goal - and sticking to it for the long run.

Part 2: Weeks 5 - 8

- ◆ Keep a brief daily activity log
- ◆ Complete brief weekly phone calls
- ◆ Wear a pedometer twice for 7 days each
- ◆ Continue making progress to achieve your goal.
- ◆ Week 12: Complete a brief mail-in questionnaire

Program Dates

Select which 4-week session works for you:

Session 8A: Tuesday, 9/26/17, 4:00-6:00 PM

Session 8B: Friday, 9/29/17, 4:00-6:00 PM

Session 9A: Tuesday, 10/24/17, 4:00-6:00 PM

Session 9B: Friday, 10/27/17, 4:00-6:00 PM

Am I eligible to participate? We

are seeking adults who are:

- ◆ between 50-75+ years old
- ◆ do **not** currently exercise on a regular basis
- ◆ healthy enough to start an exercise program
- ◆ willing to attend all 4 sessions and complete the other tasks described in Part 2

How do I sign up?

Contact **Gabi Fihn** (Project Coordinator) for more information!

Phone: (970) 491 – 5001

E-mail: adaptresearch@colostate.edu

Compensation: We will pay the fee for your participation in the adult fitness program. Also, your name will be entered into a lottery for a \$20 gift certificate at the end of the study if you complete all parts.

The Adult Development and Aging Project (ADAPT) at Colorado State University is devoted to the study of healthy and successful aging. Located in the Human Development and Family Studies Department, we focus on ways to promote healthy and optimal development in early, middle, and later adulthood.

Study Director: Manfred Diehl, Ph.D., Professor

Adult Development and Aging Project (ADAPT)

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