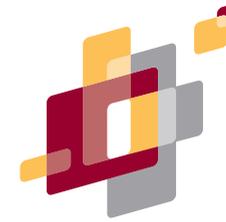


An activity monitoring study for people with cardiovascular disease

Dr. Erica Schorr, PhD, RN
Principal Investigator and
Assistant Professor
Phone: 612-624-6406
Email: scho0828@umn.edu

**University of Minnesota
School of Nursing**
5-140 Weaver-Densford Hall
308 Harvard Street S.E.
Minneapolis, MN 55455
www.nursing.umn.edu



Do you have cardiovascular disease?

An activity monitoring program might be right for you

PURPOSE OF the study

The purpose of this study is to examine the influence of a physical activity and sleep tracking device on levels of physical activity and sleep among individuals eligible for cardiac rehabilitation.



©2014 Regents of the University of Minnesota. All rights reserved.
The University of Minnesota is an equal opportunity educator and employer.

♻️ Printed on recycled and recyclable paper with at least 10 percent post consumer material.



UNIVERSITY OF MINNESOTA

School of Nursing

Driven to DiscoverSM

Have you been told that you have **cardiovascular disease**? Have you been referred to **cardiac rehab**? Are you **40-80 years old**? Consider participating in an activity monitoring research program conducted by the University of Minnesota!

Study procedures

- You will be screened to make sure exercise is safe for you
- You will wear a Garmin vívofit band on your wrist to monitor physical activity and sleep
- You will meet with study staff in-person every 3 weeks to upload data from the Garmin vívofit
- You will have your leg strength assessed every 3 months – an important factor of overall health and aging



AN ACTIVITY MONITORING STUDY FOR PEOPLE WITH CARDIOVASCULAR DISEASE



Reasons for the study

- More than 16 million Americans have a diagnosis of cardiovascular disease, which is defined as coronary heart disease, stroke, heart attack or congestive heart failure
- Physical activity, at any age, protects against many chronic health problems, including many forms of cardiovascular disease
- Even small increases in physical activity are associated with a significant reduction in cardiovascular risk, even if you have existing disease

Benefits of participation

- Physical activity is recommended for people with cardiovascular disease and has many health benefits
- Learn about your patterns of physical activity and sleep
- Free parking will be provided
- Compensation will be provided
- Free Garmin vívofit band upon study completion
- You will be provided Information on your physical function from assessments throughout the study

Learn more or to enroll

Phone: 844.257.4204

Email: scho0828@umn.edu

Website: <http://z.umn.edu/paacetrial>