

# WOULD YOU LIKE AN ASSESSMENT OF YOUR HEALTH AND FITNESS FOR FREE?



## DO YOU WANT TO HELP IMPROVE THE MEASUREMENT OF PHYSICAL ACTIVITY IN PEOPLE WITH HEART DISEASE INTERNATIONALLY?

We are seeking volunteers with coronary heart disease to participate in our study **May 2023 - November 2024**. This study aims to develop accelerometer (activity monitor) thresholds to improve the accuracy of measuring physical activity intensity in people with heart disease.

Participation in the study would require taking part in a maximal treadmill walking test and some activities of daily living (eg: watching TV, sweeping the floor) with gas analysis (measuring oxygen consumption) **once only**. All testing will be at the University of Canberra in Bruce with our research team (including a medical practitioner), taking about 2 hours. You would complete the treadmill test first, have a rest, then the activities of daily living. You will be provided with the results of your maximal fitness test at the end of testing.



**If you are interested in participating, please contact  
Chris Tuck or scan the QR code:**

**Chris.Tuck@canberra.edu.au**

**☎ 0474 692 435**

