

ARE YOU 60+ YEARS OLD AND AT RISK OF CARDIOVASCULAR DISEASE?



SEEKING RESEARCH PARTICIPANTS

PURPOSE: The University of California, Irvine Sue & Bill Gross School of Nursing is conducting a Fitness Intensive Therapy (Get FIT) Study to promote healthy living in older adults. This study aims to test if adults over the age of 60 who are at risk for cardiovascular disease will improve in healthy eating and exercise habits after providing them with behavioral counseling.

WHO CAN PARTICIPATE

Individuals must be 60 years or older and have one or more of the following conditions:

1. Diabetes, high blood pressure or high cholesterol.
2. Overweight/ Obese
3. Not eating enough fruit (4 servings) and vegetables (5 servings) a day.
4. Eating more than 11 grams of saturated fat a day.
5. Not being active for at least 150 min per week.

HOW IT WORKS

The study will provide you with a wearable fitness device (FitBit Flex 2) and access to a phone application (My Fitness Pal) to track your eating and activity patterns for 3 months. Participants will be expected to come to 3 in-person visits: baseline ("pre-test"), 3 month, and 6 month follow ups. Each visit will take 1-2 hours.

PROCEDURES MAY INCLUDE

1. Review of medical record
2. Questionnaires
3. Blood sample
4. Height, weight, blood pressure, heart rate
5. Body Composition Imaging (DEXA)
6. Diet and physical activity assesment
7. One-on-one goal-setting session with a health coach

COMPENSATION

Participants will be given \$50 at baseline visit, \$50 at 3 month visit, and \$100 at 6 month visit (total of \$200). They will be allowed to keep the FitBit Flex 2, and have access to a one- year subscription to My Fitness Pal app.



FOR MORE INFORMATION, CALL: 949.824.8707 **OR VISIT:** <http://sites.uci.edu/getfit/>
OR SEND AN EMAIL TO: Jessica Ardo jardo@uci.edu , Diana Guijarro dgujarr@uci.edu