

Exploring the effect of an intervention on women's physical activity behaviour

Physical activity is beneficial for women, yet many struggle to meet current guidelines. We developed a 6-week program to help women become more physically active and are looking to test it out. We are now recruiting!

You can participate if you are between the ages of 18 and 65 years and:

- Identify as a woman and were born female
- Can understand, read, and speak in English
- Are able to safely engage in physical activity
- Are not currently pregnant or lactating
- Currently participate in less than 150 minutes of **moderate or vigorous** intensity physical activity and less than 2 strength training sessions per week
- Have a body mass index over 25kg/m²
- Have access to the internet and an email account
- Have not used a wearable activity tracker within the past year (e.g., Fitbit, Apple Watch, Garmin, Polar)
- Live within 50km of the University of Ottawa

If you choose to participate, you will be asked to:

- Provide consent for this study.
- Attend 2 in-person meetings 7 weeks apart at a location of your convenience.
- Complete a questionnaire at 3 times: at weeks 0 (i.e., when joining the study), 7 and 21.
- Randomized to one of these groups.
 - o **Group 1:** If in this group, you will receive a wearable activity tracker, a paper copy of the Canadian physical activity guidelines, and weekly emails for 6 weeks from us containing information and activities to help you become more physically active. You will be asked to use these resources to make changes in your life and increase your physical activity levels.
 - o **Group 2:** If in this group, you will receive a wearable activity tracker and a paper copy of the Canadian physical activity guidelines.
 - o **Group 3:** If in this group, you will receive a paper copy of the Canadian physical activity guidelines.

Of note, if you are in group 2 or 3, you will receive an email from us after the study containing information and activities to help you become more physically active.

For more information or to participate in this study, please contact us by email melissa.black@uottawa.ca or by phone at (613) 562-5800 ext. 7300.