



## Are you keen to improve your walking?

The University of Sydney is running a large research study to support people in becoming more active and is looking for volunteers.

**ComeBACK** is a research study investigating 2 programs aimed at improving physical activity levels in people who have walking difficulties.

Participants will receive support to be more active. This will involve access to a website and printed booklet and may also involve phone coaching or text messages.

## There are many great reasons to take part in the study:

- improve your ability and confidence in moving
- help you to be steadier on your feet
- make it easier to get out and about in the community
- improve your mood, energy and sleep
- reduce aches and pain and manage arthritis
- help manage weight
- help to manage or avoid other health conditions such as diabetes and heart disease.

## Who can join?

The ComeBACK trial aims to recruit 600 people from a number of hospital and community sites. We are looking for people:

- Aged 18 years or older
- Who are able to walk (i.e. not full time wheelchair user)
- Who find walking 800m (half a mile) difficult
- Doing less than 150 minutes per week of moderate-intensity physical activity



**For more information or to participate please contact us:**

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