

SUPER **HEALTH**

living well through movement-2-music (M2M)

A HOME-BASED EXERCISE TRAINING PROGRAM

WHAT?

The SUPER HEALTH study will evaluate the effects of an exercise program on improving pain, fatigue, physical activity, and physical function. The exercise program will be delivered through a tablet app in the convenience of your home using exercise videos. You will be randomly assigned to be in the 1) exercise group, 2) exercise with social networking group or 3) control group. The program will be adapted to your specific needs and abilities.

WHERE?

Locations for enrollment are Lakeshore Foundation and Tanner Foundation in Birmingham, AL.

WHO?

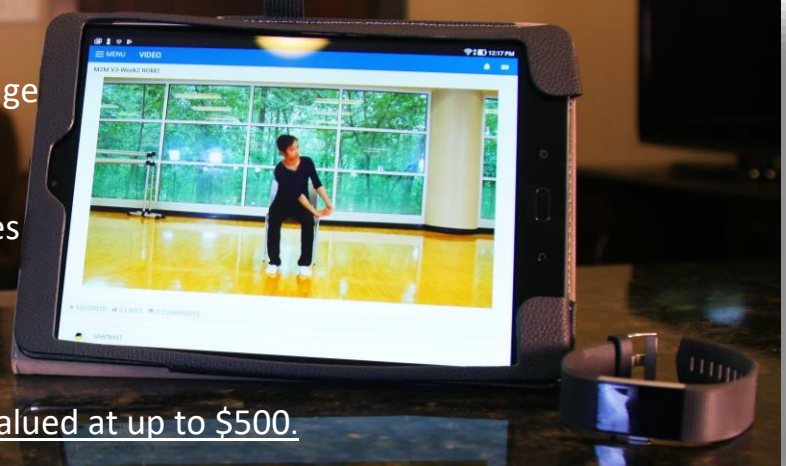
People who are unable to walk or have difficulty walking as a means for exercise.

ELIGIBILITY CRITERIA

- Working age adult 18 to 64 years of age
- Willing to participate in a 48-week home-based exercise program
- Capable of self-directed daily activities
- Have Internet access

COST

No cost to you, plus receive equipment valued at up to \$500.



WANT TO PARTICIPATE?

- 1) Visit superhealthstudy.org to find out more information and fill out the contact form.
- 2) Use your smartphone camera on the QR code to fill out a short form and we will contact you.
- 3) Contact Jennifer Howell at 205-403-5509.



QUESTIONS?

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