

## Recruiting Individuals who:

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- Are 18-65 years old
- Have a history of traumatic spinal cord injury at least 3 months prior
- Are **Not** currently participating on an organized exercise program or sport team



<http://chnfoundation.org/>

<http://www.maryfreebed.com/about-us/research/>

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# Exercise Program for Spinal Cord Injury

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An opportunity to participate in a research study on exercise after spinal cord injury



## Increasing Physical Activity and Health Related Quality of Life for Persons with Spinal Cord Injury



We are recruiting persons with spinal cord injury to participate in a research study on the effect of exercise on physical activity and quality of life.

Physical activity and sports participation is beneficial for youth and adults with spinal cord injury (SCI) to improve:

- Self-esteem
- Self-perceived quality of life
- Self-efficacy
- Body image
- Empowerment
- Social well-being (friendship, loneliness)

### During this study you will:

Participate in a 2 month **exercise program specifically designed for persons with SCI** at the MFB YMCA.

Receive a **free 2 month membership** to the Greater Grand Rapids YMCAs.

**Meet peers** with SCI who are also interested in exercise.

Receive information on Mary Free Bed **Wheelchair and Adaptive Sports** program

Receive **\$20 stipend** for completing surveys and wearing wrist-worn activity monitor.



**Interested in participating?**

**Want more information?**

**Contact our Research Coordinator:**

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