

Restoring Hope and *Freedom*[®]
Mary Free Bed
Rehabilitation Hospital

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

During this study you will:

- Participate in an exercise program at the MFB YMCA
- Wear a wrist accelerometer
- Complete surveys on quality of life and physical activity

Recruiting Individuals:

- Ages 18-65 with history of traumatic spinal cord injury at least 3 months prior
- Cleared by your physician to participate in vigorous exercise
- **Not** currently participating on an organized sport team

For more information please contact :

Roberta Virva, MSPT

Mary Free Bed Research & Innovation office

(616) 840-8926