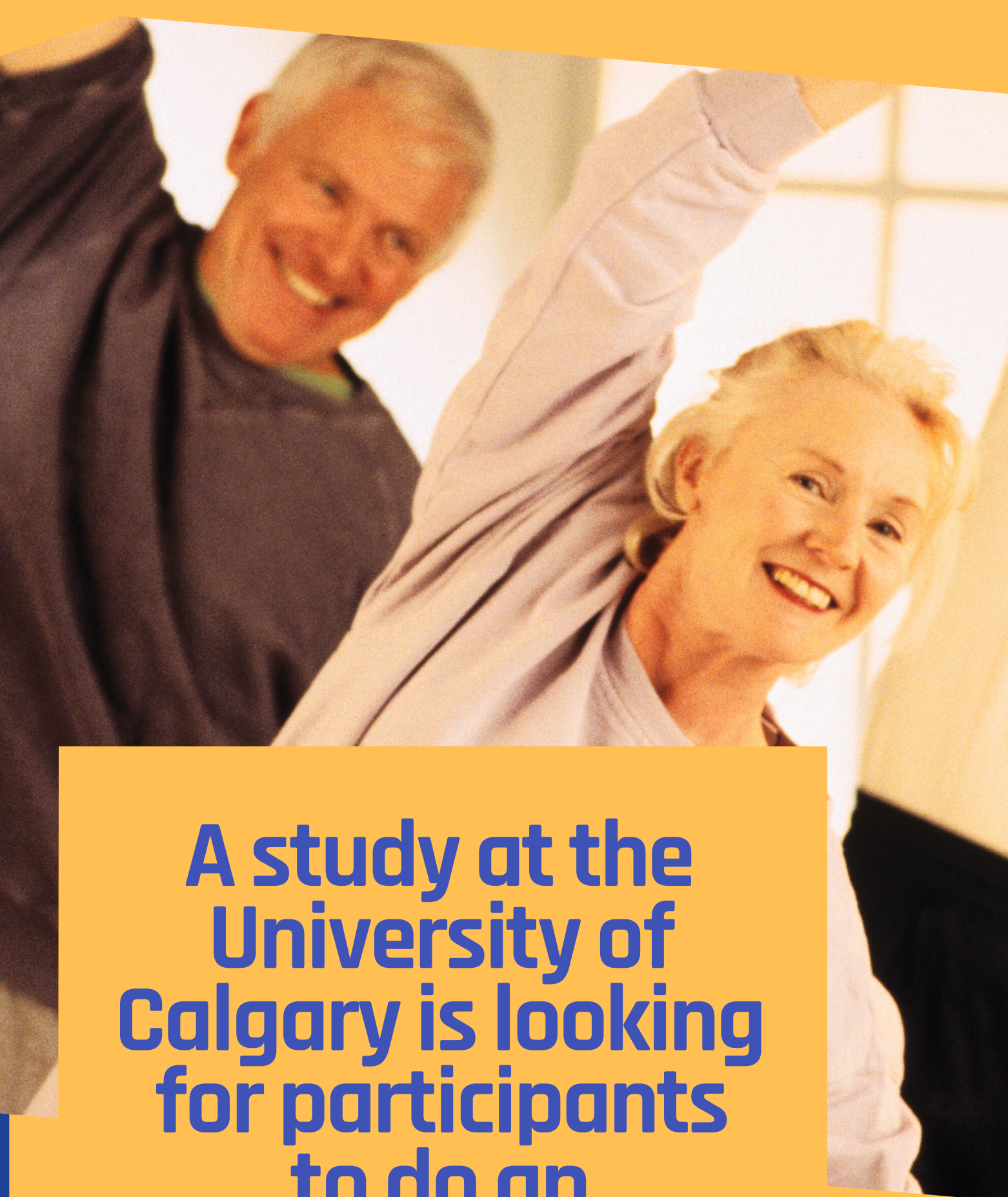


**ARE YOU  
55 OR  
OLDER?**

**Have you had to stop being  
active due to COVID-19**

**OR**

**Do you not typically participate  
in group physical activity?**



**A study at the  
University of  
Calgary is looking  
for participants  
to do an  
interview about  
exercise with  
other people!**

**This research aims to examine:**

- Older adults' social experiences and barriers related to participating and NOT participating in group physical activity.
- Experiences of those who have had to stop participating in group physical activity due to COVID-19.

**Participation includes:**

- One 60-90 minute interview
- One 5-10 minute questionnaire
- One 10-15 minute follow-up phone interview
- One complimentary admission to a City of Calgary Recreation facility

**IF YOU ARE INTERESTED IN  
PARTICIPATING PLEASE CONTACT:  
LINDSAY at [lindsay.morrison@ucalgary.ca](mailto:lindsay.morrison@ucalgary.ca)  
OR 403-220-2847**