



The AGILITY Study

Research study into getting older adults to be more active

We do not yet know the best way to help people to **stay active as they get older**.

We'd like the help of 80 adults **aged 55 or over** who **aren't active** enough (<150 minutes of moderate exercise per week) to help look into this.

[Apply at this link](#) to confirm you have a smartphone and an email address, and have had a recent NHS health-check or are willing to have your NHS health-check on joining the study.



What taking part involves

You will complete **online health questionnaires** at the start and 3 months later.

You will need to wear a device **that measures your activity** levels at the start and end of the study (for 7 days each time).

You will need to download an app that will measure your walking.

Half of people will be randomly chosen (like 'flipping a coin') to **test one way** of getting active. The other half will test another way.

Some people will be asked to take part in an **interview** with a member of the study team.



Benefits and risks

You may become **more active** and improve your health.

You will also **help research** into getting older adults to be more active

There is little risk to taking part.



Your information

We will keep all your information **secure and confidential**. We will make sure **no one can identify you** from the information you give us

We encourage you to read the **full Participant Information Sheet** at <https://studies.epi.ims.cam.ac.uk/agility>. For any questions, please email the research team on AGILITY.study@ims.cam.ac.uk