



CHEO

Research Institute

Healthy Active Living and Obesity Research

Institut de recherche

Recherche sur les saines habitudes de vie et l'obésité

The Healthy Active Living and Obesity (HALO) Research Group at the Children's Hospital of Eastern Ontario (CHEO) Research Institute is currently accepting volunteers for a children's lifestyle study

An exciting opportunity to participate in research at CHEO!

What the study is about:

⇒ This study is investigating what children know and like about physical activity, with the intention of gaining a deeper understanding of how to help more children engage in healthy and active lifestyles.

Who is invited to participate:

⇒ 8, 9, and 10 year-old children of all shapes and sizes

What is expected of participants:

⇒ Study participants will need to visit CHEO in 2 separate occasions, about 1 week apart. Each visit will last approximately 1.5 hours, and complimentary bus fare or parking at CHEO will be provided during each visit.

✓ To accommodate your schedule, visits can occur during evening hours, on weekends, or during regular business hours depending on what works best for you.

⇒ Various activities will occur during each visit, including:

✓ answering a few questionnaires

✓ physical activities (for example, running, sit-ups, throwing and catching)

✓ for the week between visits your child will wear a small device (that looks like a pager or beeper) that measures their physical activity

What you will receive for participating:

⇒ After completion, you will receive a personalized profile of your child's physical activity patterns and preferences as well as fundamental motor skill and physical fitness

If interested in participating please contact:

⇒ Mike –Research Assistant: mborghese@cheo.on.ca 613-737-7600, ext 4191

⇒ Rachel –Principal Investigator: rcolley@cheo.on.ca 613-737-7600, ext 4118

This research project is approved by the Children's Hospital of Eastern Ontario Research Ethics Board