

VOLUNTEERS NEEDED

Do you or someone you know have interest in using a fitness tracker designed for manual wheelchair users?

Research study description:

The purpose of this research study is to evaluate the fitness app called WheelFit which allows manual wheelchair users to monitor their own physical activity. The app runs on a smartphone and communicates with 2 commercial sensors that will go both on your chair and your wrist. You will be asked to help us evaluate the ease of use of the app and the impact it has on your healthy behaviors in a 4-week home trial. You may be compensated up to \$225 for participation in the 4-week home trial and 5 research sessions, held in-person or virtually via video conferencing.

You may be eligible to participate if:

- You're 18-65 years old
- You have a Spinal Cord Injury
(At least 1-year post injury & medically stable)
- You use a manual wheelchair
- You live in Pennsylvania in a community setting
- You have experience using a smartphone
- You have not been engaging in regular physical activity* for at least 6 months
(*planned physical fitness; performed 3-5 times per week for 20-60 minutes per session, at a level that increases breathing rate & cause a person to sweat)



If you are interested in participating or learning more about the research study, please call 412-407-5088 or email zih15@pitt.edu and mention the WheelFit App Feasibility Study.

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