



Volunteers Needed! [Age: 14 – 21]

Earn up to \$45 and volunteer hours!

National Physical Activity Monitoring (NPAM) Study

This letter is to inform you or your child of the “National *Physical Activity Monitoring* [NPAM] Study” that is currently being conducted by Researchers in the Faculty of Kinesiology at the University of Toronto and the School of Kinesiology and Health Science at York University.

The purpose of the NPAM study is to quantify **current trends in physical activity among youth (ages 14 – 21) with physical disabilities** across Canada. Participation in this study will involve the completion of **three telephone interviews**, asking the participant to recall what activities they did the day before. There will also be two short surveys about parental support and motivation to be physically active. Participants will be compensated for each telephone interview they complete (\$10 e-Gift Card for each interview). Each interview will last approximately 30 – 45 minutes.

For those who are interested in participating, there is an additional component to the study that entails the participant wearing an activity measuring device (i.e., an accelerometer) for a 7-day period, for at least 10 hours a day. Those who wear the accelerometer will be compensated with a \$5 e-Gift Card. Those who wear the accelerometer for 4 out of the 7 days for at least 10 hours a day will be compensated with an additional \$10, for a total of \$15. Your participation in this study can count towards your volunteer/community service hours too!

Participation in this study is voluntary and individuals may choose to withdraw at any time. All information collected for the study will be kept confidential. Your input is a vital part of the NPAM study, therefore the researchers are asking you to consider taking part in this study.

If you would like to participate in the study, please complete a short screening survey at: <http://fluidsurveys.com/s/NPAM/>

If you have any questions, please feel free to contact the Research Coordinator (Ritu Sharma) at:
ri.sharma@mail.utoronto.ca.

Sincerely,
The NPAM Team

