

Inactive Experts Needed

Are you aged over 65 and don't do enough physical activity?

We are really interested in your views and experiences!

Please share your story and ideas to help us understand
how to make exercise more accessible and fun!

- **Why?** - The aim of this research is to investigate the preferences, ideas and the barriers to exercise of older adults.
- **What will happen?** - You will take part in an interview in person or over the phone which lasts 45-60 min and you will fill in a short survey.
- **Where?** - It will take place at the location you prefer (e.g., coffee shop or library)
- **How can you participate?** - Please contact us on szekerez@lsbu.ac.uk or 07598432571 and we can send you an information sheet about the research.

Your views are really important to us. In future, it will allow us to design a tailored approach to help older adults become more physically active.

