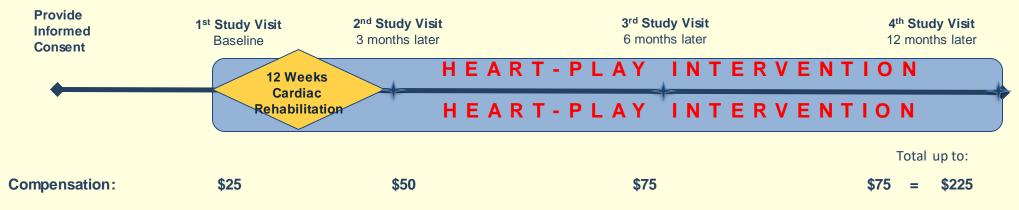




## **EXPERIMENTAL STUDY ARM**

FOUR STUDY VISITS:		INTERVENTION:
(~2 hours)	$\succ$	Each participant in the HEART-PLAY Condition will be assigned to a small group and a peer Health Coach.
	$\succ$	Weeks 1-8: Meet at the clinic twice per week to receive Health Tips and participate in Group Sharing
Health History		discussions immediately before or after the 8:30A exercise appointment.
Interview	$\succ$	Weeks 8-12: In addition to Health Tips and Group Sharing, begin group walks twice weekly.
Questionnaires	$\succ$	Weeks 12-52: Continue twice weekly group walks and begin resistance band training as a group.
Blood Sample	$\succ$	Throughout: Meet regularly with peer Health Coach for health tips, group discussions, resistance band
7-day activity		training, group walks, as well as individually to discuss barriers and progress towards weekly physical activity
monitoring		goals. Wear pedometer and record steps in daily step log.
,		



\*Peer Health Coaches will also receive \$75 per month for the first 2 months, then \$100 per month for the remaining 10 months for a total of \$1,150.





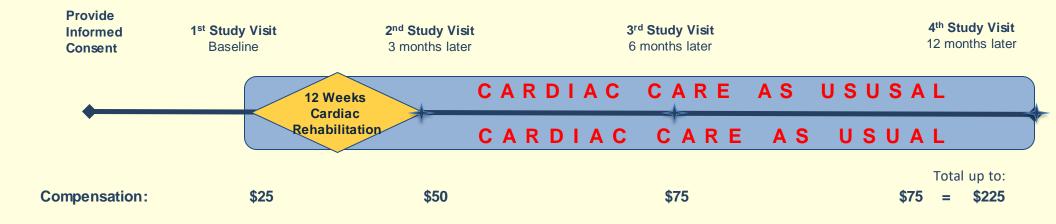
## **STANDARD STUDY ARM**

## **RESEARCH OPPORTUNITY:**

- Funded by National Institutes of Health
- Support UCSD research investigating ways to make cardiac rehabilitation more effective and sustainable
- Earn up to \$225 for participation

## FOUR STUDY VISITS ACROSS 12 MONTHS:

- Health History Interview
- Questionnaires
- Blood Sample
- 7-day activity monitoring



For more information: (858) 534-3487 or IntegrativeResearch@ucsd.edu