



## \*\*\* RESEARCH STUDY \*\*\*

### *UNDERSTANDING CHANGES IN HEART FUNCTION AFTER EXERCISE IN PEOPLE WITH STROKE*

**Principal Investigator:**

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We are a group of researchers associated with University of British Columbia and the Rehab Research Lab at GF Strong Rehab Centre. We are evaluating the effects of exercise on fitness, heart function, stroke risk factors, and walking and thinking abilities in community-dwelling stroke survivors who have completed their rehabilitation.

Participation in this study is voluntary. If you agree to participate, we will assess your fitness level, your heart function, and your walking and your thinking ability. We will also do some blood tests and ask you some questions about how you are functioning and your mood. Then, you will participate in a 5-month aerobic exercise program. We will repeat all the tests at the end of the program. We will also be undertaking a retention assessment 2 months after the program has ended to determine whether any effects from the training are maintained. At the end of the study, we will send you a brief report summarizing any changes we measured.

You are **eligible** to participate in this study if you meet the following criteria:

- Have had a stroke more than one year ago, 50 to 80 years old, and
- completed your rehabilitation
- living in the community
- able to walk at least 3 meters (10 feet)

For more information or to participate in this study please contact the  
research coordinator (Ms. Hung) @ **(604) 714-4108**

Sincerely,  
Janice Eng, PhD PT/OT  
Principal Investigator