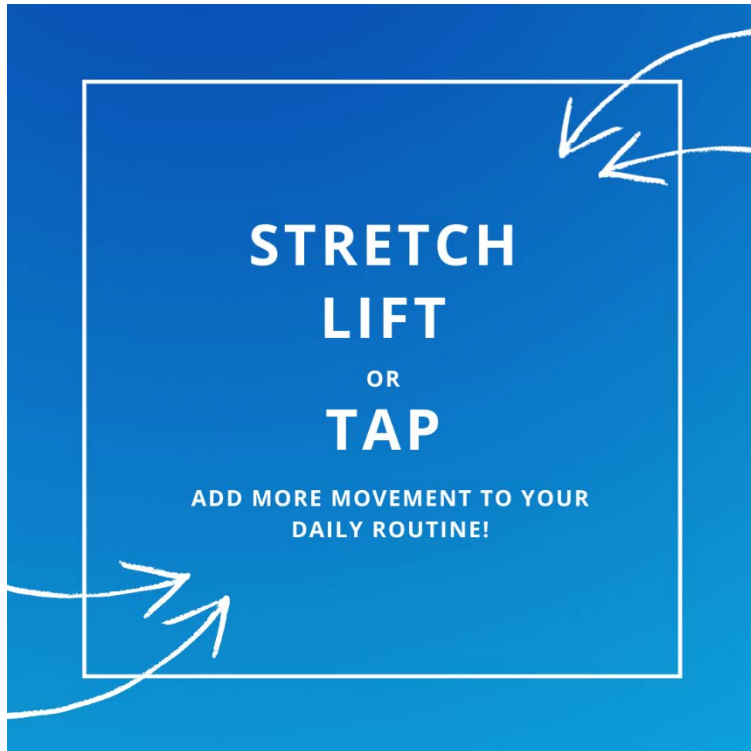


Invitation to participate in a free physical activity initiative, share feedback, and enter in a draw to win a prize!



**COVID-19 infection control measures such as physical distancing and isolation meant to protect older adults living with frailty may be leading to dangerously low levels of physical activity.**

An older person can lose 1 – 5% of muscle strength each day if they are not physically active. Older adults with mobility restrictions need to be especially creative when trying to remain active. One of the easiest ways to stay active is to add more movement in regular activities of daily living such as, eating, bathing, personal care, and more.

The [Regional Geriatric Program \(RGP\) of Toronto](#) has received research funding from the Canadian Frailty Network to design a free and accessible indoor physical activity initiative for older adults with frailty called Stretch, Lift, or Tap (SLoT).

[Download our first Stretch, Lift, or Tap \(SLoT\) Tool](#)

[Track your progress using SLoT](#)

We want your feedback! We are currently looking for older adult volunteers (and their caregivers) to test out our SLoT materials (above) and participate in a before and after confidential survey to understand how this physical activity program impacts their quality of life. We are also looking for feedback on what other tools might be useful to help encourage older adults with frailty to move more indoors. The surveys will take approximately 30 minutes of your time. Participation is voluntary and you may withdraw your participation at any time.

Participants will enter into a draw to win a \$50 cash prize! Those who are especially interested in this work can also join the team and become mobility champions!

Email [info@rgptoronto.ca](mailto:info@rgptoronto.ca) if you are interested OR if you prefer the phone please **leave a voice message at 416-480-6026**. If you know anyone who might be interested in participating in this project please forward this invitation along.