



## RESEARCH PARTICIPANTS WANTED

*Wanting to get fitter and lose weight?*

Please consider joining our study:

### FUNCTIONAL FITNESS



Locations in the Greater Kansas City Area

For more information about the studies or for questions - please contact  
Lyndsie Koon, PhD at [lyndsiek@ku.edu](mailto:lyndsiek@ku.edu) or call us at 785.864.1611

#### Study for people with disabilities:

We are recruiting participants to explore the effects of Functional Fitness participation for people with mobility/physical disabilities. This study aims to provide evidence for the physical, functional, and psychosocial health changes that may follow Functional Fitness participation.

#### Participants will be asked to do the following research activities:

- Complete online surveys
- Attend 3 Functional Fitness classes per week
- Complete pre- and post-intervention assessments for changes in functional (e.g., strength, flexibility), physiological (e.g., body composition) health outcomes
- Participate in an exit interview

#### Participant compensation:

- Total compensation: \$100
- Membership costs will be covered

#### Are you eligible?

- 18 years of age and older
- Have a permanent disability that affects your mobility
- Are your own guardian
- Agree to obtain physician clearance to participate in the exercise program

#### Locations

- Brave Enough CrossFit (North KC)
- Mission Barbell Club (Mission, KS)
- Kansas Athletic Club (Overland Park, KS)
- Kaw Valley CrossFit (Lawrence, KS)

Please fill out our survey if you are interested in participating!

[Research Participant Interest Survey](https://kusurvey.ca1.qualtrics.com/jfe/form/SV_6txOwReIPSCIMQu)



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