PARTICPANTS NEEDED

ARE YOU GETTING ENOUGH PHYSICAL ACTIVITY?

Researchers at the University of Manitoba are studying physical

activity levels in spinal cord injured individuals.

**Participants will:**

* Learn about their own activity levels and how they compare to current guidelines.
* Learn about ways to exercise safely and effectively.
* Help researchers improve activity guidelines and better understand causes of shoulder pain in manual wheelchair users.
* The Study will require participants to wear a small device on the wrist and chest and log activity over 7 days.
* If you are a manual wheelchair user with a spinal cord injury(quadriplegic or paraplegic) you may be eligible to participate.

To take part or to get more information, please contact:



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