

Physical Activity Intervention Randomization Protocol

- **Congratulations!** You have just been assigned to the physical activity intervention group.
- **Provide brief overview of the program**
 1. **Purpose:** Intervention is designed to help older adults improve their physical function and to prevent disability
 2. **Center-based physical activity:** explain that participants are expected to attend supervised physical activity sessions
 - 3 X's each week for the first 2-months;
 - 2 X's each week for months 3-6;
 - 1 X each week for months 7-18.In addition, they should be told that they will be asked to complete home-based physical activity on days that they do not exercise at the center. The amount of exercise will gradually increase over time to the point that they will eventually be active on most days of the week.
 3. **Group Sessions:** explain to participants that after they are familiar with the physical activity program, they will be placed in a group with 10-15 other older adults. This group will then meet once a week after one of the exercise sessions for 10 weeks to talk about skills that they need to have to in order to make their physical activity program a success.
- **Provide and review information packet:**
 1. Interventionists contact information
 2. Maps/location of facility
 3. other
 4. Encourage the participant to call if he/she has any problems or questions.
- **Inform participant** that the physical activity program coordinator will contact her/him to schedule their initial face-to-face contact.
- **Answer any questions** that the participant may have at this point in time. Tell the participant that you look forward to working with him/her and that you know they are going to be very pleased with the changes that they experience over the next several months.
- **Complete Physical Activity Participant-Staff Contract**
- **Discuss participant's transportation options** (i.e., to the intervention)
- Follow all clinic **Check out Procedures; Validate parking (if necessary)**
- **Thank** the participant and **say good-bye.**
- **Print randomization assignment page; send email notification; file hardcopy.**
- **Intervention referral form:** Complete randomization referral form and email it to physical activity interventionists.
- **Update** contact database.