

# SEEKING PARTICIPANTS FOR A RESEARCH STUDY

## Requirements:

- Adults with Down Syndrome ages 18 to 45 who are new to exercise
- Willing to try a few tests, such as carrying bags or doing modified push-ups
- Live with someone who would be willing to help you with exercises
- Have a computer, laptop, phone or way of accessing the internet



## ARE YOU INTERESTED IN IMPROVING YOUR MUSCULAR STRENGTH?

If so this study may help you get stronger to increase your capacity to do physical tasks common in everyday life.

PARTICIPATE  
TO RECEIVE UP TO  
\$35 IN GIFT CARDS!



## CONTACT US

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