

Measurement that moves you: *Insights from the 'Measure It!' trial*

Synopsis:

Large-scale problems, such as physical inactivity, require scalable solutions.

The MRFF funded 'Measure It!' trial examined whether frequency of physical activity measurement (self-report and step-tracker daily steps), with very brief advice from cardiac rehabilitation clinicians (Measure It!; <5min), influenced physical activity in 190 physically inactive cardiac rehabilitation attendees over 6-months.

Here we will share our implementation and effectiveness results, recommending ways that this simple and innovative approach to physical activity promotion within cardiac rehabilitation may be incorporated into your program.

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Measure It!