



# Sit Less, Move More

*Exploring sitting time in long-term care  
communities*

## Who can participate?

Long-term care:

- Managers
- Recreational staff
- Care aids
- Residents
- Family members/Frequent Visitors

*Receive a \$50  
gift card  
to any retailer!*

## What will I be asked to do?

- Complete a pre-survey questionnaire (~2 min)
- Watch a presentation (~10min)
- Participate in a dialogue session with us (*online or in-person*) (~45 min)
- Complete a post-survey questionnaire (~2 min)

## How can I participate?

Contact us via email to express your interest in participating!



**[Kirsten.rossiter@fraserhealth.ca](mailto:Kirsten.rossiter@fraserhealth.ca)**

Dr. Kirsten Rossiter

PhD, CSEP-CEP