

# Snacktivity™ to help people increase their physical activity



We are inviting people from across different settings and communities to take part in a new study that is testing a novel approach called Snacktivity™, to help people become more physically active. Snacktivity™ encourages people to do short 'snacks' of physical activity throughout the day and across the week, to improve their health. If, after reading this summary, you would like to know more or take part in the study, **please read the full information sheet.**

## 1. What is the Snacktivity™ study about?

We want to find out if the Snacktivity™ approach helps people to become more physically active. It is aimed at everyone regardless of their age, fitness, ability or disability. We will recruit people from across the United Kingdom (UK). Loughborough University are leading the study with support from Birmingham Community Healthcare NHS Foundation Trust and the Universities of Birmingham and Leicester.

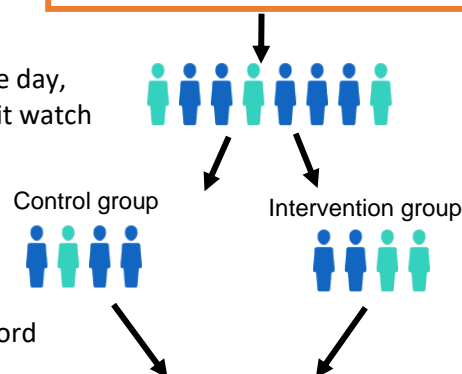
## 2. What is Snacktivity™

Being physically active reduces the risk of developing illnesses such as heart disease, cancer, type 2 diabetes and can even improve your mood. Snacktivity™ focuses on encouraging people to do short 'snacks' of physical activity throughout the day, lasting between 2-5 minutes. Activity snacks are designed to fit easily into daily life (e.g. using the stairs instead of a lift, taking an extra short walk & leg raises when watching the TV).

## 3. What does the study involve?

- We will ask you to consent to take part in the study.
- Then, we will ask some questions about your health and to wear a physical activity wrist monitor for 9 days which records how much activity you usually do each day.
- Then you will be randomly allocated to one of two groups, either the Snacktivity™ intervention or usual care.
- The Snacktivity™ group will be asked to include activity snacks into the day, given access to a new Snacktivity™ mobile phone app and wear a Fitbit watch for 12 months to help track physical activity and support participation in Snacktivity™.
- The usual care group will receive some information about how to increase physical activity.
- Everyone will be contacted at 3 and 12 months and asked questions about their health and to wear a wrist monitor again for 9 days to record your physical activity movements.
- Everyone will receive a £30 shopping voucher each time they complete the questions about their health and wear the activity monitor for 9 days.

Give informed consent  
Collect information about you and your health  
Wear physical activity monitor



Questionnaire and wear monitor at 3 months

Questionnaire and wear monitor at 12 months

## 4. How will my data be used?

In this research study we will use information from you. We will only use information that we need for the research study. We will let very few people know your name or contact details, and only if they really need it for this study. Everyone involved in this study will keep your data safe and secure and will follow all privacy rules. At the end of the study we will save some of the data in case we need to check it and for future research. We will make sure no-one can work out who you are from the reports we write. The information pack tells you more about this.

## 5. What can I do next?

If you are interested in taking part, please take some time to read the full information sheet. If you would like to talk to the study team please email: [snacktivity@trials.bham.ac.uk](mailto:snacktivity@trials.bham.ac.uk).

