

# RESEARCH STUDY EXERCISE TRAINING AND SPINAL CORD INJURY

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Adults (ages 19-65) with a Spinal Cord Injury are being recruited to participate in this research study.

The overall goal of the project is to determine if a home based exercise program with a customized telehealth, remote monitoring system is as effective as a typical exercise program at an exercise facility.

- You will receive either:

A FREE 2-month gym membership to a facility of your choice

**OR**

A FREE 2-month home-based exercise program

- \$50 will be compensated for completion of the study

- For more information, please contact:

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