



## iMprOVE

### CHILD INFORMATION LEAFLET

This information leaflet tells you about the iMprOVE study.  
It is important that you understand why this research is  
being done and why we need your help.  
Thank you for reading this!

#### **What is this study trying to find out?**

We know that doing physical activity is important for good health. We want to find out how much physical activity children do inside and outside school.



#### **Why am I being invited to take part?**

As the study is about children and their health, it's important to find out from you how much physical activity you do and how you feel about doing it.

#### **Do I have to take part?**

No. It is up to you if you want to take part, you do not have to take part if you do not want to!

## If I want to take part, what will I need to do?

We will visit you at your school and take measures of your height and weight, and we will give you a small pedometer (like a watch) to wear on your wrist for 7 days. This pedometer collects information about your activity. It is really important that you wear this pedometer all day, every day, for 7 days. We will also give you an information pack which



will have information on how to wear the monitor and what to do if it gets uncomfortable to wear. This pack will also include questionnaires for your parent/carer and for you. After 7 days, put the pedometer and questionnaires into the pack and return it to your class teacher.

**YOU WILL RECEIVE A £5.00 VOUCHER FOR WEARING THE PEDOMETER FOR 7 DAYS**

## What will happen to the results of the study?

The information you give us will help us to understand how much physical activity children do inside and outside school, and how this helps improve their health.

## What should I do next?

Please let your parent/carer know that you are happy to take part. Your parent/carer will also need to agree to take part for you to participate. Please ask them to complete the reply slip attached to the letter and return it to your class teacher, or they can contact us at the email address below.

## Contact us

If you have any questions, please ask your parent/carer to contact us on 020 7594 0879, or email us: [improvestudy@imperial.ac.uk](mailto:improvestudy@imperial.ac.uk)