



NEW STUDY **A RANDOMIZED CONTROLLED TRIAL**

Testing the Effects of the MS Get Fit Toolkit on Leisure-Time Physical Activity Cognitions and Behaviours in Canadians with Multiple Sclerosis

The purpose of this study is to examine the opinions and behaviours of adults with multiple sclerosis regarding the usefulness of the evidence-based resources that have been developed to promote physical activity within the multiple sclerosis community.



Inspiring Innovation and Discovery

**Adults (18-65 years)
living with Multiple
Sclerosis (MS)**

**Do you participate in
less than 60 minutes
of physical activity
per week?**

**Will be randomly
assigned to read an
online: exercise
toolkit or exercise
guidelines**

**Three 15-minute
online
questionnaires**

**Receive a \$5 Tim
Horton's gift card
when you complete
all 3 questionnaires**

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