



What is the MESA 24-hour Activity Cycle (MESA 24H-ACT) Study?

The MESA 24H-ACT Study is an ancillary study of the Multi-Ethnic Study of Atherosclerosis. This research study wants to learn about how movement during the day and sleep at night affects brain health. The MESA 24H-ACT Study is funded by the National Institute on Aging.

What do I have to do?

If you participate, you will wear a small red activity monitor on your hip for 8 straight days.



- ✓ The **red activity monitor** gathers information about when you are active or still. You will wear this on your waist just above your right hip bone during the entire time that you are awake. It cannot tell us where you are in the community.

Return the red activity monitor to us in the pre-paid and addressed envelope that is provided to you at your visit.

We are not asking you to change what you normally do.

What will I get out of participating in the MESA 24H-ACT Study?

You will be given \$50.00 if you wear the red activity monitor for 8 straight days. You will receive this compensation after the red activity monitor is returned to us. We will also send you a brief report about how much you move.

Why am I being asked to participate?

We are inviting all MESA participants who attend Exam 7, who are able to walk, and who have not been told by their doctors that they cannot exercise.