

TeleFFiT: Testing Appointments

What to Expect

Participants living in Melbourne/Victoria will be asked to come to Deakin University on three separate occasions (or four times if you come in for a DXA scan as part of screening for eligibility) to perform a battery of physical tests and DXA scans with the research team.

Your first visit will take place before the study starts, termed Baseline, and you will return after 6 months and again after 12 months of starting the study. You will repeat the same tests so that we can measure any changes you experience over the course of the study.

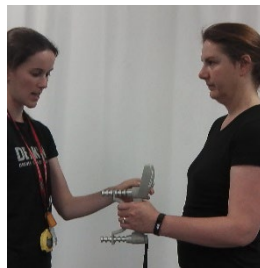
The baseline and 12-month testing appointments will take approximately 3.5 hours, and the 6-month testing appointment should take approximately 2 hours.

As you will be completing a few physical tests (such as back and leg muscle strength tests) you may feel some muscle soreness 1-2 days after your testing appointment. This is normal. You should find that the discomfort eases over the next few days as your muscles recover from the exertion. If you experience any ongoing discomfort, please contact the team.

Below are some **examples of the type of the tests** that you will perform at Deakin.



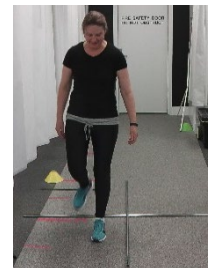
Leg strength test



Grip strength test



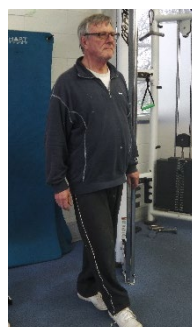
Stair climb test



Four square test



Walking test



Balance test



Sit to stand test

What if I live interstate and cannot come to Deakin?

Participants living elsewhere in Australia will undergo a short battery of similar strength, balance and mobility tests online (via Zoom) with a member of the TeleFFIT research team, at Baseline, 6 and 12 months. Each appointment should take approximately 1.5 hours to complete.

Preparing for your testing appointments

You will receive an email from the research team prior to each of your testing appointments outlining the date and time of your appointment, information about what to complete and how to prepare for your appointment. Local participants will also receive a map showing where exactly to find us at Deakin University in Burwood.

Please follow the guide below to prepare for your testing appointments:

- ✔ Do not perform any strenuous exercise or physical activity for 2 days prior to your testing appointment.
- ✔ Make sure you complete all the online questionnaires to the best of your ability prior to your testing appointment – if you have any queries about the questionnaires or are unsure how to answer specific questions, please contact the research team. You may make a note to discuss these queries with the researcher at your appointment.
- ✔ Wear comfortable, loose-fitting clothing or active wear (e.g. tracksuit pants or shorts) and wear footwear appropriate for exercise (e.g. runners)

Participants attending their testing appointment at Deakin University, should also:

- ✔ Please try and refrain from drinking fluids for 1 hour prior to your appointment time, but bring a bottle of water with you
- ✔ Refrain from consuming alcohol for 8 hours prior to your appointment
- ✔ Refrain from consuming caffeine for 2 hours prior to your appointment

COVID safety

University guidelines currently mandate all participants to be fully vaccinated prior to attending campus. If you or somebody close to you are unwell please inform the research team so we can reschedule your testing appointment.

Directions to and Parking at Deakin University

Map | Instructions to get to Building J / Parking

All parking costs will be covered by Deakin University for you to attend your testing appointments. When scheduling your testing appointments over the phone, the TeleFFIT team member will explain where you should park for your appointment, which will be either within the research parking bays or in a general Deakin University carpark.

Please find a map below indicating where to find our research team in Building J, the recommended car parks (research parking bays and carparks 1 and 5), and drop-off point should you get a lift into Deakin University. You will be sent detailed instructions on how to access the university and appropriate carpark via email, prior to your testing appointment.

Melbourne Burwood Campus 221 Burwood Highway

