

## SuPRA

Supporting Physical activity and Reducing sedentary behavior in Arthritis



## Painful knees?

Get active with a new activity tracker!

We invite you to participate in the SuPRA program, which uses a new web application paired with an activity tracker combined with physical activity counselling to help people with knee osteoarthritis (OA) become more physically active in a safe way.

You may be eligible to participate if you:

- Have knee pain, or have been diagnosed with knee osteoarthritis.
- Have not had an acute knee injury in the last 6 months.
- Have not previously used any physical activity wearables.



If you are eligible for this study, you will be asked to attend an education session, use a Fitbit Flex activity tracker with the new web application, and receive counseling from a **registered physiotherapist**. Any information you provide will be completely confidential.

If you would like to take part in this study or seek more information, please contact:

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