

Are long term symptoms of COVID-19 impacting your ability to conduct physical activity?

We are recruiting participants to assess the effectiveness of a remote physical activity coaching intervention in those with long term symptoms of COVID-19

Key details

- Attend two, 1-hour visits to a Bournemouth University Laboratory across a 9-week period.
- Wear a small pedometer for 8 weeks and record daily step count onto a physical activity diary
- Engage in weekly physical activity consultations over telephone to promote your levels of physical activity

Are you eligible?

- Over 18 years old
- Previous infection with COVID-19
- Have self-diagnosed symptom/s of COVID-19 that have lasted longer than 12 weeks from a positive COVID-19 test

If you would like to discuss this further, please contact:

Dr Matthew Armstrong on 01202 963031 or
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