The University of Melbourne’s ExTRA (Exercise Therapy to Reduce Anxiety) project aims to reduce anxiety through physical activity.

We want to hear from you if you are interested in an 8-week self-directed home-based online physical activity program and:

- Are aged between 40-79 years old and live in the community in Australia
- Experience anxiety symptoms
- Are able to complete surveys in English
- Have internet and smartphone access to videoconference with a researcher
- Are willing to wear a device like a Fitbit to monitor physical activity

You don’t need to be currently physically active to take part!

To join the study or for more information, go to: ExTRA.keyleadhealth.com

Or contact:
Dr Terence Chong at ExTRA-Project@unimelb.edu.au
(03) 9231 8485

You don’t need to be currently physically active to take part!