

SPEP Participant Survey

Why study SPEP?

Participating in regular aerobic physical activity is known to actively prevent strokes and heart attacks¹. However, many people who have already had a stroke report that it is very difficult to begin and sustain exercise regimens. People with stroke often experience barriers to exercising, even though their doctor has strongly recommended it. SPEP was developed to help solve some of these problems.

We want to know whether or not SPEP is working for you!

By taking three surveys as a participant in this study, you will help us...

- **know whether the program helps people** reach the level of physical activity required to prevent another stroke or heart attack,
- **tailor the program** to the specific needs of the people of south-central Wisconsin, and
- **reduce disability and increase independence** for patients of the UW Stroke Service.

1. U.S. Centers for Disease Control, 2009. http://www.cdc.gov/stroke/stroke_facts.htm



If you would like to participate in this study, tell your SPEP therapist right away.