

COVID-19 Adaptation and Response to Exercise

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Researchers at the National Institutes of Health's (NIH) Clinical Center are looking for adult volunteers for a study on whether an aerobic exercise program benefits survivors of COVID-19.

About the study:

- ❖ Participants will be randomly assigned to one of two groups:
 - Group 1 will participate in a supervised exercise and education program three times a week for 10 weeks.
 - Group 2 will receive education only for 10 weeks and then participate in 10 weeks of supervised exercise.
- ❖ Before and after the exercise program, participants will complete several assessments and questionnaires including those related to physical fitness, heart and lung function, bloodwork and walk tests.
- ❖ There is no cost to participate. Compensation is provided.

You can participate if you:

- ❖ Are 18 to 80 years old
- ❖ Have a lab-confirmed test for SARS-CoV2 infection (the virus that causes COVID-19)
- ❖ Are experiencing physical limitations or fatigue since your COVID-19 diagnosis

Location: The study procedures and exercise program will take place at the NIH Clinical Center, America's research hospital, in Bethesda, Maryland.

To Learn More:

- Call the Office of Patient Recruitment at **800-411-1222** (se habla español) TTY: 800-877-8339
- Email: CovidCareRehabTeam@nih.gov
- Online: <https://go.usa.gov/x7YEU>
- Refer to study number: 000102-CC



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