



Exercise Heart Rate Variability (HRV) Pilot Study

The War Related Illness & Injury Study Center would like to invite you to participate in an IRB approved study at the Washington, DC VAMC. For this study, we are comparing two different types of programs: 1) a traditional, generalized exercise program, and 2) an individualized program that uses Heart Rate Variability (HRV), which is a physiological measure of recovery.

Study Details:

- **Principal Investigator:** Michelle Costanzo
- All interaction with study staff will occur virtually
- Distance-based data collection for 7 days will occur from the comforts of your home.
 - There are 3 timepoints in which data will be collected: baseline, mid-study, and at the end of the study
- This is a 10-week exercise intervention.
 - In the beginning, you will exercise aerobically (example: walking) for 20 minutes, 2 days per week.
 - Gradually, the duration of each session will increase to 40 minutes, 2 days per week.
 - All of your exercise sessions will be home-based.

Contact Information

Study Coordinator: Arghavan Hamedi
Phone: (202) 215-8465

Eligibility:

1. Between 20 to 65 years of age
2. U.S. Veteran
3. Physically Inactive
4. Experiencing pain, fatigue, and/or trouble concentrating
5. Able to exercise independently
6. Do not have a chronic medical condition that would prevent you from exercising
7. Has Wi-Fi (for data collection purposes)
8. Has a smart phone with a plan that includes the ability to download apps

Compensation:

Veterans enrolled in this study will be compensated up to \$150 for completing this study over 3 months (baseline, 10 weeks of exercise, and follow-up evaluation).