



# TEAM UP FOR FITNESS (TUFF) RESEARCH STUDY

A COMMUNITY-BASED EXERCISE PROGRAM FOR ADOLESCENTS WITH DOWN SYNDROME

**Team Up for Fitness (TUFF)** is a research study to test the effectiveness of a community-based exercise program for increasing and maintaining physical fitness in adolescents with Down syndrome.

The TUFF research study is funded by the National Institutes of Health and is being conducted by faculty at the UMass Medical School - Eunice Kennedy Shriver Center.

We are seeking adolescents with Down syndrome ages 13-21 to participate in Team Up for Fitness

## WHAT DOES TUFF INVOLVE?

- ❖ TUFF is a 12-week exercise program followed by a 12-week supported maintenance period.
- ❖ The program provides structured exercise, including weight training and aerobic activity, 3 days/week for 90 minutes a day.
- ❖ A certified fitness trainer will develop an individualized exercise plan for each participant and will supervise the program.
- ❖ Participants will have a peer “work-out buddy” to exercise with.
- ❖ Trained coaches will instruct and assist participants to gain new skills.
- ❖ Fitness testing and physical activity monitoring will be conducted regularly.
- ❖ Participants will be provided with YMCA memberships.

UMMS IRB docket #H-13443

## TWO GROUPS

There will be two groups in the TUFF study: 1) Exercise Program (EP) group and 2) Wait List (WL) group. Both groups will undergo all of the fitness and physical activity testing at the same intervals. The EP group will start the exercise program right away, and the WL group will have a similar program in about 7 months. Assignment to groups will be random.

## WHO CAN PARTICIPATE?

- ❖ Healthy adolescents with Down syndrome ages 13-21.
- ❖ Medical approval required.
- ❖ Participants must meet specific IQ criteria and communicate verbally.
- ❖ Participants must not currently engage in regular exercise training.
- ❖ A phone interview with a parent and a study visit at the Shriver Center will be conducted to confirm these eligibility criteria.

## WHEN & WHERE DOES TUFF TAKE PLACE?

March – August 2012  
at the West Suburban YMCA  
276 Church Street  
Newton, MA

For information or to enroll please contact:  
Melissa Maslin  
(781) 642-0292  
ShriverHealth@umassmed.edu