

The BurnAlong Study

A Virtual Peer-Based Physical Activity Network for Young Adult Cancer Survivors

Who can participate?

Survivors of adolescent and young adult (AYA) cancer who are currently 18-25 years old.

What?

- Survivors will participate in a virtual physical activity program and a social networking platform, BurnAlong
- Survivors will be asked to **exercise with a friend or family member of their choice** for 12 weeks
 - Partners can choose which exercise classes they wish to take
 - Each participant will receive a FitBit to monitor their movement and sleep patterns
 - Participants will be asked to complete virtual fitness assessments, surveys and one-on-one interviews



Why?

We would like your input and participation to help us learn:

- How to best support the long-term wellbeing of AYA survivors through physical activity
- How peer-based virtual physical activity and social networking can impact survivors' quality of life

Interested?

If you would like a study team member to provide you with more information, please provide your contact information on the form linked below or scan the QR code:

<https://iredcap.csmc.edu/surveys/?s=RH3YXLF8YHNNH9D4E>



For more information, contact the principal investigator, Celina Shirazipour, PhD, at celina.shirazipour@cshs.org