



Please write your GP or Cardiologists name and the date below.

Dear Dr _____

Date: _____

This patient under your care has expressed interest in participating in the Aussie-FIT research trial. This study has been approved by the South Metropolitan Health Service Ethics Committee (approval number: RGS4254), the West Australian Aboriginal Health Ethics Committee (HREC1221), Queensland University of Technology Research Governance and Integrity team (7382 - HE26), and the Northern Territory HREC (reference number: 2023-4693). I am just writing to tell you a bit more about the program and to give you the opportunity to raise any concerns about the suitability of this program for your patient.

Please write your name and date of birth below.

Name: _____

Date of Birth: _____

About the program. The Aussie-FIT program is an experimental treatment. This means it is not an approved treatment for cardiovascular disease (CVD) in Australia. The program has previously been delivered to men in Western Australia with a CVD diagnosis. Aussie-FIT:

- is a **free** program designed to support men with or at-risk of CVD, to make positive health changes, such as losing weight or becoming more active.
- includes 12 weekly 90-minute education and physical activity sessions delivered at an Aussie Rules or Rugby club.
- is delivered by trained coaches who will be supported at each session by an Accredited Exercise Physiologist (or equivalent Allied Health Professional)
- sessions include discussions and classroom-based activities focusing on topics related to eating and physical activity.
- supports participants to set goals and decide upon small but sustainable lifestyle changes.
- helps participants to understand why and how to improve diet (e.g. interpreting food labels, portion sizes, meal planning) and physical activity habits (e.g. understanding exercise intensities, safe strength training, decreasing sitting time).
- includes a coach-led physical activity component, designed to be suitable for men with CVD and with different fitness levels and abilities.
- provides a 'behind the scenes' experience at an Aussie Rules or a rugby club in Perth, Brisbane, or Darwin.
- encourages participants to monitor their walking throughout the 12-week program using a Fitbit provided free of charge and for them to keep.

About the research. As part of the research study, participants will attend an enrolment appointment at which we will:

- Ensure they understand what participation in this project involves and ask them to sign a form consenting to participation in this study.
- Measure height, weight and waist, in a private area
- Ask participants to complete a survey using an Ipad. The questions will ask for information such as age, diagnosis and occupation. We will also ask about food and alcohol intake, motivation to lose weight, sleep and general emotional state.
- Check blood pressure and ask some questions about health.

- Participants will be asked to recall food and drink intake in the previous 24 hours, known as a 24-hour recall.
- Provide all participants with a small wrist-worn device to wear for 8-days, called an Actigraph, which measures movement.
- Complete a point-of-care finger prick cholesterol test.
- Ask for confirmation of preferred t-shirt size (participants will receive a free t-shirt when they start the 12-week program).
- Provide participants with a \$20 Coles/Myers voucher to thank them for their time.

At the end of the enrolment appointment, participants will be randomly allocated to complete the program in the first group (starting straight away) or in 6 months' time. The assessments are repeated 3 months and 6 months after the initial enrolment session. After the 6 months appointment, the second group will complete the program. After the completion of the trial, the measures undertaken will be compared between the two groups at each time point, to assess how well the program can support participants to make positive health changes.

Please feel free to visit our website for more information (www.aussiefit.org) or scan the below QR code to watch a 90-second information video about Aussie-FIT and this research.



If you have any queries or concerns about your patient taking part in our program, or if you would like further information, please contact an appropriate member of our research team:

- Matthew McDonald, WA Project Manager: aussiefit@curtin.edu.au; 0481 458 730
- Bryce Brickley, NT Project Manager: aussiefit@flinders.edu.au; 0400 416 943
- Neil Wharton, QLD Project Manager: neil.wharton@qut.edu.au

We plan to enrol this patient. If no concerns are raised, we will assume clearance.

Sincerely,

Professor Andrew Maiorana

BSc, PhD, AEP, AES

Curtin University

Tel | +61 8 9266 9225

Fax | +61 8 9266 3699

Mobile | +61433567369

Email | A.Maiorana@curtin.edu.au

Web | <http://curtin.edu.au>

