

FREE Clinical Exercise Intervention

Do you have Systemic Lupus Erythematosus?

Are you 18+ years old?

If yes, please join!

What is involved?

- 8-weeks individually tailored and supervised exercise program.
- Two times/week at the Australian Catholic University, North Sydney gym.
- 50min moderate intensity exercise sessions ("somewhat hard").
- Prescribed and supervised exercise by an Accredited Exercise Physiologist.
- Outcome measures taken before, during and following the intervention.

Outcomes of interest: Perceived fatigue & quality of life, disease activity, adherence, & individual experience.

Gym details:

- 33 Berry Street, North Sydney (8min walk from North Sydney train station & FREE 2 hour parking available on side streets).
- You will be responsible for your own travel to and from the gym.
- Session times: Monday AND Thursday OR Tuesday AND Friday (Anywhere between 9-11am or 2-4pm).



Exercise & Sports Science Australia (ESSA)

The research team highly values your participation in this Doctor of Philosophy research project.

If you are interested in participating, please contact the principal investigator, Stephanie Frade.

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Stephanie Frade is an Accredited Exercise Physiologist and PhD candidate.



Research supervisors:

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