



CLSA Approved Project

Applicant

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Project Title

Resistance exercise participation in individuals with stroke: A latent profile analysis from the Canadian Longitudinal Study on Aging

Project Summary

Stroke is a serious health issue and currently impacts over 405,000 Canadians. After a stroke, the body experiences change in muscle which can affect walking ability and posture. Strength training has shown to help people with stroke regain their physical function, but we do not know whether Canadians with stroke participate in strength training. The Canadian Longitudinal Study on Aging is a large study looking at the health of over 50,000 Canadians. Many people with stroke are in the study, which allows us to look at their healthy living behaviours. Our study will look at how much people with stroke participate in strength training. We will also look at reasons related to their participation like sex, age, and level of disability. Results from this study will help our future studies look at how to help people with stroke start participating in strength training.

Keywords

Resistance exercise, Stroke, Physical function, Latent profile analysis