

# Can Frame Running training improve your health and fitness?



CREATE CHANGE



**Frame Running (also known as RaceRunning) is an exciting NEW Para Athletics event. We want to find out if twice weekly training using a running frame can improve the heart, lung, bone and mental health of children and young people with cerebral palsy and similar neurological conditions that affect mobility.**

**Athletes will be fitted for a running frame and receive 12 weeks, twice a week FREE training delivered by a physiotherapist or exercise physiologist. Half of participants get the training right away and the other half get it after 5 months.**

**Brisbane, Sunshine Coast, Gold Coast, Cairns, Perth and Sydney.**

**To be eligible athletes must:**

- Be diagnosed with cerebral palsy (classified in GMFCS levels II-V) or a neurological condition impacting their mobility.
- Aged between 6 – 21 years of age and
- Can commit to attend training twice a week for 12 weeks.

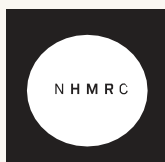
**Participants get FREE bone density scans and lung function tests.**

**Contact**  
**[run4healthcp@uq.edu.au](mailto:run4healthcp@uq.edu.au)**  
**for more information about the study, or scan the QR code for more information**



Australian Government

National Health and  
Medical Research Council



Research funded by

