
Studies have shown that being physically active decreases one's risk of various cancers, but much more remains to be learned. At CPS-3 Enrollment and on Follow-Up Surveys, CPS-3 participants are asked questions related to different types of physical activity, sedentary behavior, and sleep. These survey questions are designed to measure typical participant behaviors.

In the Accelerometry Sub-Study, we will collect objectively measured activity data using a device called an activity monitor on 20,000 CPS-3 participants who will be randomly selected and invited to participate. Participants will wear this device around their waist for 7-days while awake. Using this information, we will be able to study patterns of physical activity and sitting time in a more detailed way to better understand how physical activity and sitting time affect health and advance public health recommendations for cancer and other disease prevention.

days

While your individual time commitment will last 7-days, we will continue to invite participants until we reach the desired 20,000 participants for this sub-study.

This sub-study is designed to learn more about your physical activity and sedentary behavior and how these factors relate to people's health. By participating, you are potentially helping others in the future through study findings.

No. Participation in the Accelerometry Sub-Study is optional and not a routine part of our study follow-up. You are not required to participate but we hope you will.

CPS-3 participants from across the country are randomly selected to receive an invitation to be involved. Invitations will be sent in batches every other month and we will continue to invite participants until we reach our goal of capturing objectively measured physical activity data from 20,000 participants.

An activity monitor captures data on the intensity of a person's activity as well as when an individual is sitting or standing. The information collected on this device will allow researchers to characterize most of the activity and sedentary behavior in which a person engages.

After you register, you will receive your sub-study package via UPS within 2-4 weeks. When you receive it, you should begin the 7-day monitoring period as quickly as possible (due to the device's battery life).

Instructions will be included in each participant shipment. Both instructions and how-to video will also be available on our [CPS-3 website](#). Participants having any questions may email us at cps3substudy@cancer.org or call us toll-free at 888.604.5888 and press option #2.

No. This device has been used in various research studies and will not interfere with any other devices you may wear.

Participants will receive an email confirmation when their shipment is sent. They will also receive other

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If your schedule changes and you are unable to begin wearing the monitor within 7-14 days of receipt, please contact a CPS-3 Study Coordinator toll-free at 888.604.5888 and press option #2 or via email at cps3substudy@cancer.org