

**Appendix A:**  
**Recruitment Notice**

**Physical Activity and Gender Survey – Enter to win an Amazon Gift Card**

When we think of gender, most people think of men and women. Gender, different from sex, is influenced by society's expectations of individuals, including the types of roles, jobs, chores and caregiving responsibilities you may have. Physical activity has been shown to decrease chronic disease and mental illness. Men and women participate in physical activity differently. However, it is not clear how gender roles and responsibilities influence how people participate in physical activity. This study will evaluate the associations of gender and the roles and responsibilities associated with gender, with physical activity. We are looking for adults in Canada who are 18 years or older to participate in our study.

If you would like to participate you can take part by:

Complete a survey online (~20-30 minutes)

- Questions on physical activity, gender identity, roles and responsibilities, beliefs about gender/sex, and social supports factors. Free to leave any questions unanswered.
- Compensation: Entered in a draw to win 1 of 6 Amazon gift cards.

**To participate in the online survey**, follow the link or scan the QR code with your phone. Note: online questionnaire data is collected through SurveyMonkey.

<https://www.surveymonkey.ca/r/7NLBTSG>



For more information about this study, please contact:

Samantha Moore, Research Assistant  
College of Kinesiology, University of Saskatchewan  
[sjm894@mail.usask.ca](mailto:sjm894@mail.usask.ca)

Heather Foulds, Assistant Professor  
College of Kinesiology, University of Saskatchewan  
Email: [heather.foulds@usask.ca](mailto:heather.foulds@usask.ca)  
Phone: 306-966-1067

This study has been reviewed and received ethics approval through University of Saskatchewan Behavioural Research Ethics Board.