



APPENDIX A INVITATION LETTER

Dear _____,

My name is Jennifer Scanlon, I am a member of the Wellness Center and a Master's student in Adult Development and Aging at Virginia Polytechnic Institute and State University, Blacksburg, Virginia. For my Master's research project, I will be examining physical exercise patterns in men and women over the life course. Through one-on-one interviews with adults like yourself, I hope to come to an understanding of how societal processes and opportunities, life course roles and transitions, and individual meanings of physical exercise have affected participation in physical exercise throughout the life course.

I am requesting your involvement in this research project. Success of this study depends on the willingness of people like you to participate. Any information that you provide will be confidential and will be used for research purposes only. For this research project, you will be asked to complete a preinterview checklist of exercises or activities that you have participated in in the past or are currently participating in, and you will be asked to participate in a face-to-face interview. The interview will be conducted at the Wellness Center and will last approximately 45minutes.

Your agreement and participation are eagerly requested and greatly appreciated. If you would like to participate in this project, please sign your name on the sign-up sheet located at the front desk in the Wellness Center. If you volunteer to participate, I will contact you with further information regarding this project. If you have any questions please feel free to contact me at 633-6315. Below is a photograph of myself. I thought that many of you would recognize me by face rather than by name. Thank you for considering my request.

Sincerely,



Jennifer M. Scanlon
Master of Science Candidate in Adult Development and Aging,
Virginia Polytechnic Institute and State University