Participants were recruited for a study examining “group exercise and mood in older adults”. Participation involved completing two sessions at the Brock-Niagara Centre for Health and Well-being. Session one: participants completed assessments of body image and height and weight. Session two: participants were randomly assigned to complete an exercise class in which the cues used by the instructor focused on either appearance, or functional and health benefits of exercise. Participants completed measures of body image before and after completing the exercise class to examine differences between the two groups.

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