

Are you a Parent?

Would you like to increase
the physical activity level
of your family?

Come and participate in our
research study!

Who are we looking for?

Families that include:

1. At least one child between the ages of **6 and 12** who **does not** engage in 60 minutes of moderate to vigorous activity per day.
2. At least one parent who **does not** engage in 150 minutes of moderate to vigorous activity per week.



What will you do?

We will provide you with tools to help you increase your family-based physical activity for **6 months!**

We will provide fitness tests for your family, and your family will occasionally wear accelerometers to monitor each person's activity level.

If you participate, you will receive a **cash honourarium!**

If you help recruit eligible friends to participate in the study, you will receive **grocery certificates!**



**University
of Victoria**

This study is conducted by the Behavioural Medicine Lab at the University of Victoria, under the supervision of Dr. Ryan Rhodes.

For more information, please contact
Jim Woodend or Natalia Zapotoczny at 250-472-5288
or bml@uvic.ca

