"WE ARE AN ACTIVE FAMILY"

STUDY

For families with children between 6-12 years old

What do You Need to Do?

- Physical activity will be tracked for 6 months
- Your family will wear accelerometers at four time points, for a week at a time
- Your child will have their fitness level tested twice.

Benefits:

- Cash incentives (up to 150$)
- Valuable parent and family education tools
- Contributing to health promotion research

CONTACT US

Please e-mail bml@uvic.ca to participate or request additional information

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