



Behavioural Medicine Lab

# "WE ARE AN ACTIVE FAMILY"

## STUDY

For families with children between **6-12 years old**



### Benefits:

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

### 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.

Please e-mail [bml@uvic.ca](mailto:bml@uvic.ca) to participate or request additional information

### CONTACT US



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[uvic.ca/research/labs/bmed](http://uvic.ca/research/labs/bmed)



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