Would you and your partner like to increase your physical activity?

Join a Research Study and receive a Fitbit tracker for 3 months!

What is the study?
- We are examining the effect of monitoring and sharing physical activity information from Fitbit devices.
  *Fitbits are worn like a watch and provide real time feedback on various measures including daily steps, heart rate, and active minutes.*

Who are we looking for?
Couples living together who are:
- Both between **45 and 75 years old**.
- Both have a smartphone and/or tablet and an email address
- One or both doing less than 2.5 hours of moderate intensity physical activity per week

What will you do?
- Use your Fitbit activity tracker for 3 months
- Wear an accelerometer for 3 one-week periods.
  *Accelerometers are worn like a belt and measure physical activity time and intensity.*
- Complete an online questionnaire 3 times
- Complete a walking treadmill test 2 times

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

**To Volunteer or for more information**, please contact 250-472-5288 or bml@uvic.ca