



**HAVE YOU RECENTLY RETIRED OR HAD  
YOUR LAST CHILD LEAVE HOME?**

# **JOIN A PHYSICAL ACTIVITY STUDY!**

**THIS STUDY WILL PROVIDE TOOLS  
TO HELP INCREASE YOUR PHYSICAL  
ACTIVITY LEVEL.**

**If you are interested please contact us at the  
Behavioral Medicine Lab at  
[bml@uvic.ca](mailto:bml@uvic.ca)**



**University  
of Victoria**



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