

Walk your way to a better health!

Have you tried to be more active in the past, but can't seem to stick with a program?

Are you interested in using a steps counter to help you become more active?

The Health Psychology Lab at Brandeis University is looking for people between **ages 50 and 70+** interested in taking part in a **12 week study** aiming at **doubling their daily steps**.

This study involves:

- Wearing a small step counting device (Fitbit)
- Keeping a diary to record daily steps
- Five short 5-min phone calls every other week
- 3 in-person meetings with our research team
 - at the beginning of the study (1h), after one week (30min), in week 12 (1h)
- Sample collection
 - saliva samples, a few drops of blood collected by finger prick (weeks 1 and 12)



In return for your efforts, you will get to keep the Fitbit!

For more information and to find out if you are eligible, please contact:

The Health Psychology Lab
at Brandeis University
email: abs.brandeis@gmail.com
call: (781) 736 - 3316.



Earn A Free Fitbit

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to Better Health**

To Participate Contact
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Brandeis University
& Roybal Center

