

Volunteer for our Collaborative Worksite Wellness Study by



**DEPARTMENT OF KINESIOLOGY & SPORT SCIENCES
DEPARTMENT OF FAMILY MEDICINE**

CONTACT US IF:

Your Waist circumference is above 35 inches (female) 40 inches (male)

You are a UM Employee 21 years of age or older

You are relatively inactive and able to commit to a 12-week program

STUDY PARTICIPATION INCLUDES:

- **FITNESS, PSYCHOBEHAVIORAL EVALUATIONS**
- **SERUM (BLOOD) MEASUREMENTS**
- **INTERVAL TRAINING 3X WK FOR 30 MIN OR**
- **VIDEO GAME PLAY 3X WK OR**
- **WAITLIST GROUP**

IF INTERESTED PLEASE SEND:

NAME: _____

EMAIL: _____

PHONE: _____

WAIST CIRCUMFERENCE: _____

PREFERRED MEETING DAYS AND TIME: _____

FOR MORE INFORMATION CONTACT

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