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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