



# JOIN **TIGER**KIDS

Physical activity is key to balancing calories and having a healthy weight. Current statistics show that not many American youth meet the recommended 1 hour of daily physical activity, so we are trying to find ways to increase physical activity in kids' everyday routine.

The TIGER Kids research study will use state-of-the-art technology to track physical activity, imaging to measure body fat, and messages sent through a mobile phone app to identify what motivates or prevents kids from being physically active.

**\*\*Researchers are currently seeking children who are overweight or obese to participate\*\***

## **WHO IS ELIGIBLE?**

To qualify for the TIGER Kids research study, participants should:

- Be between 10 and 16 years old
- Be overweight or obese
- Not be on a restrictive diet

Participants can earn up to \$100 for a study completion.



## **TO PARTICIPATE:**

Call **225-763-3000**  
Email **[clinicaltrials@pbrc.edu](mailto:clinicaltrials@pbrc.edu)**  
Visit **[www.pbrc.edu/tigerkids](http://www.pbrc.edu/tigerkids)**