

# Attention! Attention! Attention!

## Take Part in Physical Activity Research

Adults, 18 years of age or older, I am recruiting church members to participate in a study to test the effectiveness of a six-week, scripture-based intervention to increase physical activity.

You can take part in this study if:

1. You do not meet the Surgeon General's recommendation for 150 minutes per week of physical activity.
2. You want to learn more about the biblical importance for improving or maintaining good health through increased physical activity then consider.

WHO: Adults who are able to participate in physical activities and own a smart phone or computer.

WHAT: Attend six educational classes, wear a FitBit Zip to record number of daily steps. Receive information pertaining to the importance of physical activity and nutrition.

WHERE: First Baptist Church of Helotes 14889 Old Bandera Rd Helotes Tx 78023

BENEFIT: Improvements in Physical Health.

RISK: There are no significant risks benefits for being in this study.

COMPENSATION: No compensation

CONTACT: Byron Black

210-569-4129

bkbblack\_99@yahoo.com