Adults aged 55 - 79

Researchers are recruiting for a study investigating the use of technology to increase physical activity and decrease sedentary behavior.

If you participate, you would wear an activity monitor bracelet for 12 weeks and use a tablet device to set goals and receive feedback on your activity. The bracelet will also vibrate to alert you when you have been sedentary for a long period of time. We will provide all materials for you to use for the duration of the study. We will measure your behavior, health outcomes, and psychological outcomes before and after the study period.

You may be eligible if:
• You are aged 55 – 79
• Your BMI is between 25 and 35
• You engage in less than 60 minutes of physical activity per week
• You watch over two hours of TV per day
• You are able to walk for exercise
• Physical activity is safe for you

If you are interested in participating, please contact us by phone for more information and further screening:

Eloisa Martinez
Clinical Coordinator
Phone: 409-266-9643
Email: esmartin@utmb.edu

utmb.edu/pepper