



# Ready to get active?!

WE'RE READY TO HELP  
YOUR FAMILY GET ALL-IN!



## HOW

BY COLLABORATING WITH YOU TO EXAMINE DIFFERENT STRATEGIES TO PROMOTE FAMILY-BASED PHYSICAL ACTIVITY

WE ARE INVITING ANY FAMILY WITH AT LEAST ONE CHILD 6-12 YEARS OLD TO PARTICIPATE, ESPECIALLY ONES STRUGGLING TO MEET PHYSICAL ACTIVITY GUIDLINES OF **60 MINUTES OF MODERATE-VIGOROUS EXERCISE EACH DAY**

## WHO

## WHY

INCREASING PHYSICAL ACTIVITY HAS THE POTENTIAL TO IMPROVE YOUR YOUR HEALTH. WE ALSO OFFER CASH HONORARIUMS OF UP TO \$150 FOR YOUR PARTICIPATION

WE'LL CHECK IN AT 1-WEEK, 6-WEEK, 3-MONTHS AND 6 MONTHS. ONLINE QUESTIONNAIRES WILL BE COMPLETED AT EACH TIME POINT AND WE'LL PROVIDE YOU WITH INFO TO BOOST YOUR PHYSICAL ACTIVITY

## FOR

**To participate email us at [bml@uvic.ca](mailto:bml@uvic.ca) with the subject line "We're all in!"**