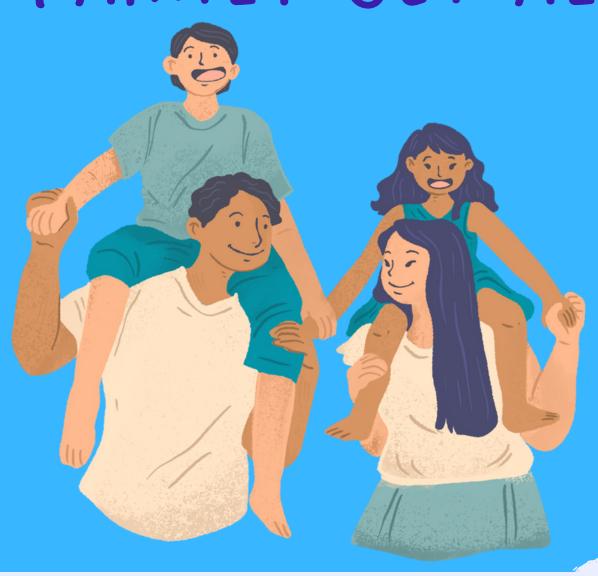




## Ready to get active?!

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



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** 





HOW

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

To participate email us at bml@uvic.ca with the subject line "We're all in!"

This study is supervised by Principle Investigator Dr. Ryan Rhodes (rhodes@uvic.ca)