

ACTIVE YOU

GET MORE ACTIVE
USING ENJOYABLE
WORKOUT VIDEOS

STUDY PURPOSE

In this study, we plan to test if the Physical Activity for the Heart (PATH) program is useful for promoting physical activity in community settings.

STUDY BASICS



Unhealthy weight is associated with a high risk of many chronic illnesses including heart disease



Engaging in regular physical activity can decrease the risk of these diseases even without weight loss



Previous research has shown that these individuals can benefit from enjoyable physical activity programs that feature people they can relate to, especially in body size, fitness level and age



Our web-based Physical Activity for The Heart (PATH) program seeks to help these individuals be more active using enjoyable workout videos that they like

WHAT PARTICIPANTS CAN EXPECT

- If eligible, you will be randomly assigned (like the flip of a coin) to receive an immediate 6 month PATH intervention, or be in the attention control group.
- Tests and assessments during the study include:
 - Blood sample via finger-stick test
 - Weight and waist circumference
 - Activity monitors
 - Blood pressure
 - Questionnaires

YOU MAY BE ELIGIBLE IF

- You have access to the Internet
- You are at least 18 years old
- You exercise LESS than 150 minutes per week
- Your BMI is at least 30 kg/m². Calculate your BMI clicking here or by visiting nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Click here to see if you qualify.

COMPENSATION

Participants who complete all study requirements will receive up to \$100.



CONTACT US



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See if
you
qualify



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