

GET FIT WITHOUT WEIGHT LOSS PRESSURE!

STUDY PURPOSE

We plan to test if a video-based workout program focused on walking, dancing, and core exercises can help people with a BMI of 30 or higher be more active and reduce their risk of diabetes.

STUDY BASICS

- A BMI over 30 increases the risk of diabetes.
- Engaging in regular physical activity can decrease the risk of diabetes even without weight loss.
- Many people struggle to start or maintain a regular physical activity routine.
- Our home-based video workout program is designed to help people begin and maintain an active lifestyle.
- This program focuses on increasing healthy habits.

WHAT TO EXPECT

- If you are eligible, you will be selected at random to join either the physical activity program or the attention control group for 3 months.
- If you are assigned to the physical activity program, you will work remotely with certified coaches.
- Everyone will receive a shipment of all study equipment including a Fitbit, smart scale, blood pressure machine and stretch bands.
- No onsite visits are required



COMPENSATION

Participants will receive up to \$100 upon completion of all parts of the study. Some of the study devices will be yours to keep.

ELIGIBILITY

- Must be an adult with a BMI of 30 or higher.
- Must have internet access.
- Active less than 150 minutes per week.
- Click [here](#) to see if you are eligible or scan the QR code:



CONTACT US:



404-544-9158
404-544-9159
404-544-9238



activeu@emory.edu



EMORY

NELL HODGSON
WOODRUFF
SCHOOL OF
NURSING

GET FIT WITHOUT WEIGHT WORRIES

The goal of this study is to test if a workout video-based program focused on walking, dancing, and core exercises can help people with a body mass index of 30 or higher be more active and reduce their risk of diabetes.



FIND OUT IF YOU ARE ELIGIBLE TO PARTICIPATE. YOU WILL RECEIVE ALL THE EQUIPMENT YOU'LL NEED. CLICK [HERE](#) OR SCAN THE QR CODE.



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