

# READY TO JUMPSTART YOUR EXERCISE ROUTINE?

MoTrPAC is a nationwide research study aimed at understanding how the body changes with physical activity. Researchers hope to learn which exercise is best for each person's unique body type.



## DO YOU QUALIFY?

- 18 years of age or older
- BMI of 19 - 35
- Do not currently exercise
- Have been, or plan to be, fully vaccinated for COVID-19

**Earn up to \$1,500 for participation**

