

# Want to get active?

## Join the MOVE study!

Our study examines how setting your own physical activity goals might help you to get and STAY active.

Ready? Set? Let's MOVE!

### Supervised Exercise Locations:

- Aurora Center for Active Adults (Del Mar Park, Aurora)
- Hiawatha Davis Jr. Rec Center (Park Hill, Denver)

### You may be eligible if you are:

- 45-75 years old
- Currently not physically active
- African American or a Black immigrant

### The study involves (16 hours in-person commitment time):

- One 2.5-hour orientation session
- Three 1-hour sessions of supervised exercise per week for 4 weeks (12 sessions total)
- 4 weeks of physical activity on your own with brief daily surveys
- One 1.5-hour final follow-up session

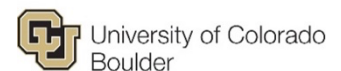
### Interested in joining MOVE? Questions?

CUChange: MOVE

Telephone: **720-853-4676**

Email: [TheMOVEstudy@gmail.com](mailto:TheMOVEstudy@gmail.com)

See if you are eligible.  
Scan the QR Code



Protocol #23-0461

## Earn \$200 for full participation!

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