



UNIVERSITY OF

South Carolina

RURAL MEN NEEDED FOR RESEARCH STUDY

GET ACTIVE

MAKE A DIFFERENCE

THE MISSION

- Participate in a free 6 or 12 week phone-based physical activity program
- Receive 6 coaching calls with a trained health coach to help you increase your activity
- Plan and document your activity each week
- Earn up to \$30 upon completion of the study

CALLING MEN WHO:

- Currently live in a rural area
- Can complete quick health surveys and wear a small thigh monitor at the start and finish of the program
- Are between the ages of 18-65
- Not currently exercising
- Are willing to be randomly assigned to the 6 or 12 week program

READY TO START YOUR FITNESS JOURNEY?



803-777-9236



<https://redcap.link/wf38xrmm>



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