



***Concerned about your blood pressure?***

***Want to be more physically active?***

The ***Be SMART*** Study provides a client-centered coaching approach along with a Fitbit and weekly text messages to help midlife adults live a more active and healthy lifestyle.

Answer **YES** to the questions below and you may be eligible to participate in a 12-week program being conducted at UD.

1. Are you between 35 and 64 years of age?
2. Do you own a smartphone (iPhone or Android)?
3. Do you have borderline high blood pressure or do you currently take medication for high blood pressure?
4. Do you engage in less than 30 minutes of moderate-intensity physical activity or exercise per day?

***Find Out More!***

Use the QR code or, type in the [link](#) below to access the Be SMART screening questionnaire:



<http://bit.ly/besmartstudyscreener>



**Study eligible participants can receive at least \$225 in gift cards and a FREE Fitbit!**

**Questions?**

Call the Study Coordinator at:  
302-831-0150