

PARTICIPANTS NEEDED!

WALKING WITH JITAIs

**STUDY ELIGIBLE PARTICIPANTS CAN RECEIVE A
\$50 AMAZON GIFT CARD!**

University of Delaware researchers
are recruiting volunteers to
participate in a four week physical
activity study using Apple Watch!



Eligibility Criteria:

- Between the ages of 18 and 64
- Healthy enough to exercise without supervision
- Exercising for less than 100 minutes per week
- Own an iPhone 6 or newer



bit.ly/walkingwithjitaIs

email questions to cjfirkin@udel.edu