

Physically Inactive Women Needed!



UCSF Motivational Physical Activity Education Study



UCSF is conducting a study to compare pedometer (step counter) and mobile-phone based physical activity programs in increasing daily brisk walking steps. You will be asked to wear a pedometer and use a mobile phone application EVERY DAY for 9 months.

You may qualify if you:

- Are a woman between 25 and 69 yrs of age
- Are physically inactive
- Would like to be more physically active
- Have access to a home or mobile phone
- Have no disabilities that limit physical activity
- Are able to speak and read English

Commitment: 12 Months

- 7 UCSF Research Office Visits & 2 Blood Draws

You have the potential to receive \$80 upon completion of all parts of the study.



University of California
San Francisco

Please Contact Us If Interested:

Call: (415) 322-0520 Email: mPEDStudy@ucsf.edu

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