

Physical Activity, Fitness, and Personalized Health Study

RESEARCHERS from the UC Davis Wireless Health and Wellness Initiative are partnering with the UC Living Fit Forever program for a six month study of individuals' physical activity, use of physical activity monitoring technology, and motivational health coaches.

Principal Investigator: Jay Han, MD

Location of research project: 4860 Y Street, Sacramento, CA 95817

THE STUDY is exploring ways to encourage physical activity and healthy lifestyle behaviors via wireless technologies and personalized health coaching. Selected participants will use physical activity monitoring devices, and receive coaching from a certified nurse health coach to help set and follow-through with personal health improvement goals. Research studies such as this help us understand ways to improve health that people enjoy and follow-through.

IF YOU AGREE to participate in the study, you will be randomly assigned to one of three groups. In this study, you will participate in the UC Living Fit program as a regular participant, and be asked to fill out some surveys, and take some basic physical fitness tests. You may also be chosen to receive physical activity and fitness monitoring technologies, or selected to participate in half-hour consultations with a nurse health coach every two weeks for approximately three months.

CRITERIA FOR PARTICIPATION: You must be 18 years old or older, and an active employee of UC Davis Health System at the time of the study. Additionally, you must have a smart phone capable of loading apps, and the ability to use an internet browser to check your physical activity and fitness metrics. You must also be able to speak English and have access to a telephone. Pregnant women will not be included in this study since activity level and weight change are affected by pregnancy.

If you are interested in this opportunity:

Contact the Healthy-U Clinical Trial Coordinator by e-mail at:

healthyuinfo@ucdavis.edu

or by visiting

wirelesshealth.ucdavis.edu/healthy-u-trial

Or simply use your smartphone to capture the QR_Code image below:



If you are eligible, we hope you will join us as soon as possible.

**Initiative for
Wireless Health
and Wellness**

UC DAVIS
UNIVERSITY OF CALIFORNIA

UC Living Fit Forever
EMPLOYEE WELLNESS PROGRAM

