

Interested in getting more exercise with your child?

JOIN A UF RESEARCH STUDY TO TEST OUR APP AND TRY TOOLS TO HELP YOUR FAMILY GET MORE PHYSICAL ACTIVITY



PROGRAM DETAILS

- Families will use a Fitbit and app to try to get more physical activity
- 12-week physical activity program and a 4-week follow-up period
- 4 brief visits at UF's College of Health & Human Performance, (free parking)

ARE YOU ELIGIBLE?

- Parent/guardian: aged 18-65, with active Facebook account
- Child: aged 9-12
- Apple or Android device with a reliable data plan or WiFi
- Within 25 miles of UF campus

TO SEE IF YOU ARE ELIGIBLE, TAKE OUR SURVEY HERE

OR VISIT: https://redcap.link/family_fit_interest



Each family will receive up to \$90 total