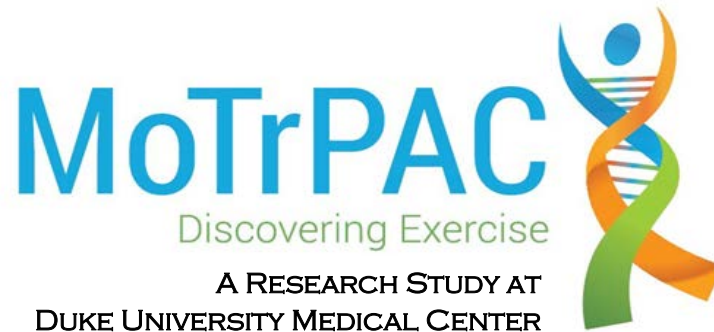


BE PART OF A NATIONAL MOVEMENT TO DISCOVER EXERCISE!

WE ARE WORKING TO LEARN HOW EXERCISE IMPROVES HEALTH AND WE NEED YOUR HELP!



The MoTrPAC study measures the changes that occur during and after exercise. This will help researchers learn how exercise improves health.

We are looking for volunteers who:

- **Are 18 years of age or older.**
- **Exercise 1 time a week or less.**
- **Have no history of diabetes or heart disease.**
- **Would like to have an opportunity to exercise with a personal trainer for 12 weeks and have study-related health exams at Duke University Medical Center.**

*** VOLUNTEERS WILL BE COMPENSATED FOR THEIR PARTICIPATION ***

**For more information, please contact the study team at
Duke University Medical Center**



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CALL 919-681-9000, Press 4

EMAIL MoTrPAC@duke.edu

VISIT <https://www.motrpac.org/join>