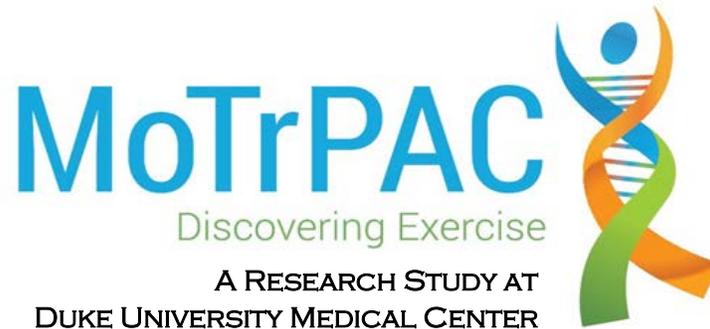


# ***BE PART OF A NATIONAL MOVEMENT TO DISCOVER EXERCISE!***

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](mailto:MoTrPAC@duke.edu)

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