



# BE ACTIVE

Are you age 60 or older?  
Want to “Be Active”?



**JOIN OUR STUDY!**

Our 16-week study at Duke University involves a low impact exercise program and consumption of products containing blueberries. Potential benefits include improved vascular health, increased physical activity and improved cognition.

You may be eligible to participate if you:

- Are 60 years or older
- Have excess body weight (BMI 25-35)
- Exercise less than 150 minutes per week
- Are able to consume products containing blueberries



For more information please  
email [Beactive@duke.edu](mailto:Beactive@duke.edu)