

# WE MOVE

## A Study on Family Movement and Eating Recruitment Open for Families



The **Arkansas Children's Nutrition Center** is currently enrolling mothers and their children in a research study about healthy movement and physical activity.

### Participants' Roles and Benefits



#### We are Looking For

- Mothers 18 years of age or older
- Children between 3 and 5 years old
- Mothers with extra weight (BMI  $\geq$  30)

- Families who met the eligibility criteria will be recruited in the study.
- We will have a control and treatment group. Groups will be assigned randomly.
- The treatment group will participate in twice-weekly movement and nutrition sessions. They will also receive suggestions for at-home activities.
- The control group will receive a FitBit and participate in research surveys and assessments.
- In appreciation of your participation, you will receive monetary and other compensation.

#### Our Lead Researcher

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#### Research Partners



#### Check if you are Eligible



Contact our research team to see if you are eligible.

**501.364.3309**