

RESEARCH STUDY

Is it important to you to have access to programs and services that meet yours and other Wellness Institute member's health needs?

And that these programs and services are based on the most recent scientific evidence?

**WE'RE PILOTING A STUDY AND
WOULD LOVE YOUR HELP AND
INVOLVEMENT!**

We're piloting an observational study designed to explore the relationships between **medical fitness facility usage, lifestyle behaviours, and health outcomes as individuals age.**


 **30 years or older**


 **Current member of The Wellness Institute**

You will receive a \$25.00 monetary reimbursement for your time spent in the study, as well as copies of your ambulatory blood pressure reports, DEXA (body composition and bone density measurement) reports, and lab results each year.

As a participant, you will be followed for approximately 2 weeks at the beginning of the study and again 1 year later, providing information on physical activity, diet, sleep, stress, cognition, and health.

If you are interested in **participating** or want to **learn more**, contact:

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