

Participate in A Physical Activity and Diet Study

HIV+ 18+ Wanted

Participate in a 12-month research study that uses **text messages** to help people **increase their physical activity** and **improve their diet**.



Who May Qualify:

- ▶ HIV +
- ▶ 18 +
- ▶ Able to Speak and Read English
- ▶ Able to Eat Walnuts
- ▶ Able to Do Moderate Physical Activity Such As Walking

If you are interested in participating in this research project, contact us at (619)543-5000

We compensate participants \$35 to participate in a screening visit (about 1 hour). Participants who complete the 12-month study will be paid up to an additional \$465.

All information collected during the study is kept strictly confidential.

(619) 543-5000
220 Dickinson Street, Suite B, San Diego, CA 92103-8231



Diet & Physical Activity Study

- Assess ways to increase moderate physical activity & improve diet
- 1-year study
- HIV+ and able to increase moderate physical activity
- Initial screen (2 hours)
- 2 In-person visits (6-8 hours), 1 phone visit at end
- Daily text messaging (6 months)
- Fit bit and accelerometer
- May include Walnuts and Olive Oil
- Compensation up to \$465