

STANDUPTV



what

a research study that uses cutting-edge technology to identify the best strategy for changing sedentary screentime habits & improving health

RECRUITING INDIVIDUALS

who



- 1 are 23 to 64 years old
- 2 own a smartphone or tablet
- 3 have WiFi or unlimited data plan
- 4 want to decrease their sedentary screen time



how

TO GET INVOLVED

follow this link to see if you're eligible to participate: [BIT.LY/STANDUPTV](https://bit.ly/STANDUPTV)



participation

WHAT DOES IT LOOK LIKE?



wearing activity sensors & interacting with the study's app for 16 weeks



receive compensation up to \$100 & a Fitbit fitness tracker

always voluntary



CONTACT US

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