

Breaking Up pRolonged Sedentary Time

BURST2D

Research Study

We want to learn how short, frequent periods of physical activity impact health.

INTERESTED IN BECOMING MORE ACTIVE?

WHO QUALIFIES:

- Healthy adults (ages: 18-64)
- BMI: 18.5-40 kg/m²
- Prediabetes or altered blood sugar
 - Check your risk for prediabetes: <https://www.diabetes.org/a1c/diagnosis>
- Sit for more than 6 hours/day
- Exercise less than 150 minutes/week

BENEFITS:

- Free blood and body fat tests
- Free measure of metabolic rate
- Compensation up to \$1350
- Free medical exam
- Free activity monitor

SCAN or CLICK TO LEARN MORE



FOR MORE INFORMATION



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