



## Living Green and Healthy for Teens

- Are you **10 – 16 years old**?
- Interested to **work on healthy eating & physical activity** together with your parent?
- Do you have at least **one smartphone in your family**?



### IF YES,

You may be eligible to participate in a research study comparing two smartphone apps to help youth & parents have healthy eating & activity habits

### You will

- Receive a free phone app for 6 months
- Work on healthy eating & activity
- Complete questionnaires, measurements, fitness tests & activity monitoring over 3 study visits

**We will** reimburse for parking and provide \$20 gift cards at each visit.

**For more information, contact the study team**

905-527-4322 ext. 40656

[light@phri.ca](mailto:light@phri.ca)

**Principal Investigator: Dr. Zubin Punthakee**

This study has been reviewed by the Hamilton Integrated Research Ethics Board under project #7325

Check if you are eligible!  
Scan Here:



Or follow this link:

<https://redc.phri.ca/redcap/surveys/?s=TXYTXMANLLDWJD4X>