



Living Green and Healthy for Teens

Are you?

- A 10 – 16 years old youth
- Interested to work on healthy eating and physical activity together with your parent

Do You?

- Live in the Hamilton area
- Have at least one smartphone in your family

IF YES,

You may be eligible to participate in a research study that is comparing two different smartphone apps that aim to help youth & their parents have healthy eating habits and activity patterns.

You will,

- Receive a free phone app for 1 year
- Work on healthy eating & activity
- Complete questionnaires, have measurements, fitness tests and your activity monitored over 3 study visits

We will compensate for the visit time and reimburse for parking

For more information, please contact the study team
905-527-4322 ext. 40656

light@phri.ca

Principal Investigator: **Dr. Zubin Punthakee**

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

