

Participants needed for **WOMEN'S PHYSICAL ACTIVITY RESEARCH**



Are you a woman between the ages of 28 – 38?

Please consider helping researchers at Towson University learn more about women's physical activity, health, and wellness!

Participant Qualifications:

- Non-pregnant women between the ages of 28-38 years old
- At least 6 months post-breastfeeding & 18 months postpartum, or never pregnant
- Capable of engaging in daily living activities without assistance

Participants will be asked to:

- Attend one assessment visit (~1h) at TU's Wellness Center
- Complete a variety of questionnaires
- Wear a physical activity tracker for 1 week

**Contact Nicole Mungcal for more information and to sign-up:
nmungc1@students.towson.edu**