

Take part in a study to  
increase your physical  
activity



We are exploring a new approach called  
Snacktivity™ which encourages people to do  
small 'snacks' of activity through the day.

If you live in the East or West Midlands and would like  
some more information, scan the QR code or email:  
[snacktivity@trials.bham.ac.uk](mailto:snacktivity@trials.bham.ac.uk)

