The investigators want to learn about the relationship between antioxidants (commonly found in blueberries) and motivation to exercise. Researchers think that supplementing one's diet with antioxidants on a daily basis may be a practical way to reduce inflammation and improve lack of motivation to exercise.

**THE BERRIES AND STEPS STUDY**

**DO YOU LACK MOTIVATION TO EXERCISE?**

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**Study Participation**
- 6 visits over 14 weeks
- Health questionnaires
- Diet records
- 3 blood draws
- Physical activity monitor
- Study powder consumption
- Up to $300 compensation and transport provided

**Study Eligibility**
- Aged 65 years or older
- Lack of motivation to engage in exercise
- Occasional or frequent feelings of fatigue or sadness

**Contact Us**

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