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 $100 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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