



THE BERRIES AND STEPS STUDY

DO YOU LACK MOTIVATION TO EXERCISE?

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.

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