

## Participate in a Research Study

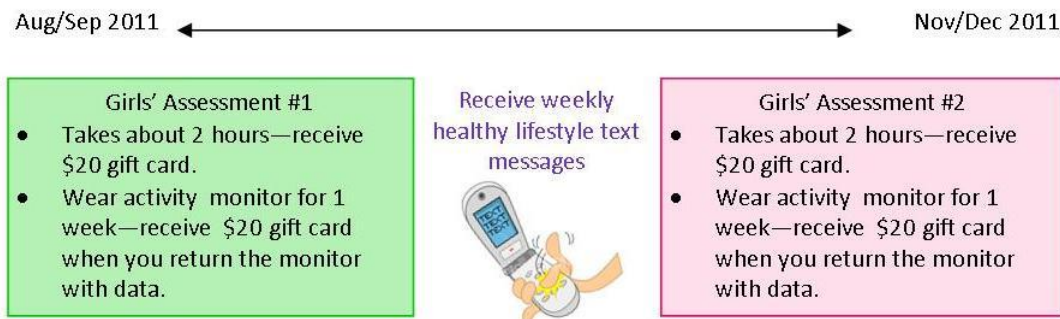
We are conducting a research study to learn how to help Latino adolescent girls become more physically active to improve their health. We are looking for girls to participate who:

- Are 11-14 years old
- Live in San Antonio's Westside or Southside neighborhoods

Participation is voluntary, so it is up to girls and their parents to decide whether or not to participate. If you agree to participate, here is what is involved:

### GIRLS:

- Girls' participation will last about 4 months (August – November 2011).
- Assessments will take place on 2 occasions (August and November 2011) at community locations conveniently located in Westside and Southside neighborhoods.
- Girls may receive text messages from our healthy lifestyle messaging campaign (August – November 2011).
- Each of the 2 assessment includes the following:
  1. Height, weight, fitness, questionnaires (approximately 2 hours). Receive a \$20 gift card when you complete this assessment.
  2. Wear an activity monitor for one week. When you return the activity monitor with enough information on it, you will receive an additional \$20 gift card.
- Girls may receive a total of \$80 for completing both assessments.
- Girls may sign up to receive weekly text messages on their cell phone about healthy living.



### PARENTS:

- Parents' participation in the study lasts for about 30 minutes – just long enough to answer a questionnaire.
- You will receive a \$20 gift card when you complete the parent survey.

You do not have to pay any money to participate in this research study.

If you are interested in participating in this study or would like more information, please contact Laura Esparza (Project Coordinator) at XXX-XXX-XXXX or email@email.com.