

# Call For Participants



## Mindfulness for Physical Activity Research Project

10 week(s) to complete

Shopping voucher

Experiment

Liverpool, UK

Liverpool John Moores University

The main aim of this research project is to develop a programme to increase physical activity uptake and maintenance in underactive participants. In the longer term, the programme developed in this study will be tested in the general population and may be used to inform policy related to physical activity behaviour change.

Find out more online

Poster printed on 27/04/2024

Study expires on 13/09/2018

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/400843](http://www.cfp.cc/400843)

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