

Call For Participants



Motivation and Physical
activity behaviour change

10 min(s) to complete

Sincere Gratitude

Online Questionnaire

Online

Goldsmiths University of London

Changing existing behaviours is known to be difficult. Having support from someone who has successfully made a similar change is inspiring and can be motivational. We were interested to discover if viewing the photograph and reading a testimonial of a previously inactive person who has successfully overcome barriers to become physically active affected behaviour change

Find out more online

Poster printed on 05/05/2024

Study expires on 28/02/2018

More info

by scanning the QR code
or visiting the URL

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