

THE UNIVERSITY OF SASKATCHEWAN

# ARE YOU AN OFFICE WORKER?

## Participants needed for research on sitting and sedentary behaviour!

This is one of the first Canadian studies to examine sitting in office workers.

Your participation would involve answering **4 online surveys** across a period of approximately 2 weeks. Each survey is **10-20 minutes in length**. Volunteers will be entered into a draw for 1 of 4 **\$50 gift certificates**.

The survey can be accessed at:

<https://fluidsurveys.usask.ca/s/tpbt1/>

For more information, please contact: Madelaine Gierc, MPH, [m.gierc@usask.ca](mailto:m.gierc@usask.ca)

*This study has been reviewed by, and received approval through, the Research Ethics Office, University of Saskatchewan*