If you are an **undergraduate student at UBC** we would love for you to **participate in our survey on movement breaks in UBC classrooms!**

**Project Details:**

As part of a course-based research project (KIN 464) we are conducting a study on the topic of **movement breaks in UBC classrooms**. Movement breaks are defined as 3-5 minute long breaks implemented during class time that are devoted to different types of movement/physical activity. These breaks can either be guided by a professor or instructor or consist of less formal, self-directed activities. All types of movement breaks are designed to promote healthy levels of movement and reduce sedentary time during the day.

If you are a current undergraduate student at UBC we would love for you to complete our survey! Your feedback will be used to generate an image of the overall perspective of UBC students on movement breaks, and to improve the design and format of existing movement breaks.

The principle investigator on this project is Dr. Andrea Bundon, who can be reached at andrea.bundon@ubc.ca if you have any questions about participation in this project.

**PRIZE DRAW ENTRIES ON COMPLETION!**

Everyone who completes our survey will be eligible for a prize draw that includes:
- 1 fitbit
- 2 $25 gift cards to the UBC bookstore or food services

**PARTICIPATION IS COMPLETELY VOLUNTARY**

If you are interested in taking our survey please follow this link for more information on our study goals, procedures, outcomes, confidentiality, and consent:

https://ubc.ca1.qualtrics.com/jfe/form/SV_0NyQoO8i8Z6Jfa6