The MoTrPAC study measures the changes that occur during and after exercise. This will help researchers learn how exercise improves health.

**We are looking for volunteers who:**

- Are 18 years of age or older.
- Exercise 1 time a week or less.
- Have no history of diabetes or heart disease.
- Would like to have an opportunity to exercise with a personal trainer for 12 weeks and have study-related health exams at UTMB.

*Volunteers will be compensated for their participation*

For more information, please contact the study team at UTMB.

UTMB Department of Nutrition & Metabolism (MoTrPAC Study)
1114 Mechanic Street, Room 2.250N
Galveston, TX 77555-1124
Summer Chapman MSN, RN, CCRP (409) 266-9666 srchapma@utmb.edu
Priya Mathai APRN, CVRN-1, MSN, FNP-C (409) 747-1633 pemathai@utmb.edu

To get involved with the MoTrPAC research study: motrpac.org/join