

**DON'T JUST SIT THERE, HELP
SCIENCE!
(11/2008)**

Paul Williams PhD of the Lawrence Berkeley National Laboratory invites you to participate in the National Runners and Walkers Health Study and promote your own health while doing it. You don't have to be an addicted or exemplary athlete to help with his exercise research. I've been a part of the study for years, filling out questionnaires about my physical activity, injuries, diet and health. It has been interesting in that, while I think I haven't really changed much, filling out the form makes me realize that I'm answering the questions differently each time.

Log on to <http://exercise.lbl.gov> to sign up. Use the website to choose an anonymous partner with whom to work out, create teams to compete, or track your mileage on a virtual trip across the U.S. The program generates email reminders to exercise and allows you to record your mileage. So get fit and help science at the same time!!

Published by

**HEALTHY CHOICES FOR
MIND AND BODY**

Written by Ann Gerhardt, MD