

# Call For Participants



## The HERizon Project



12 week(s) to complete

Sincere Gratitude

Experiment, questionnaire,  
interview

Online

Liverpool John Moores University

This is a home-based physical activity programme for teenage girls. The aim of this study is to (i) evaluate if a physical activity programme is acceptable, realistic and enjoyable for teenage girls and (ii) evaluate if this programme has the potential to increase the amount of time teenage girls spend being physically active.

Find out more online

Poster printed on 31/03/2025    Study expires on 31/12/2020

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/GNLD83](http://www.cfp.cc/GNLD83)

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