



Would you like to take part in some research about physical activity and mental health?

All you need to do is click [here](#) and complete an online survey.

You won't even break into a sweat!

All participants have the opportunity to be entered into a prize draw for a **£50 Amazon voucher**.

For any queries, please email Claire Wicks at cwicks@essex.ac.uk (PhD Researcher) or Dr Leanne Andrews landre@essex.ac.uk (Lead Supervisor)

This research is conducted with ethical approval from the University of Essex.

