Hello, my name is Susan (Sue) Bradley and I am a graduate student here at Texas State University. I will be conducting a study to gain information about women and their current level of physical activity. I have become interested in the needs of full time administrative assistant women because I work as a graduate assistant somewhat in that capacity.

As I attempt to know what kinds of things keep us, as women, either from being physically active or get us “up and moving”, I would like to invite you to participate in my current explorations by participating in my study. As part of the study you will need to provide your consent and complete a brief online survey. The survey includes questions on perceived barriers, facilitators, and physical activity participation. So, please consider participating in my study and join fellow female administrative assistants in this venture.

Participation is voluntary and there are no risks for participating in the study. Your answers will be kept confidential and no personal identifiable information will be required.

If you are interested in learning about this study please contact me at (512) 757-2022 or via email at [sb1485@txstate.edu](mailto:sb1485@txstate.edu). My mentor and thesis chairman is Dr. Carlos M. Cervantes. You may contact him at [cc85@txstate.edu](mailto:cc85@txstate.edu)

**This study has been approved by the Office of Responsible Research**

**at Texas State University.**

*Are you a women 21 years of age or above?*

*Are you a full-time administrative assistant?*

*Are you working at Texas State University?*

*If you answered yes to* ***all*** *these questions,*

*then you may be a great participant*

*for this research study*

Physical Activity and Female Administrative Assistants: A Research Study