

Nursing with EASE

EATING, ACTIVITY, & SUPPORTIVE ENVIRONMENT

- **What is it?**

Nursing with EASE is a research study designed to assess the effectiveness of a 6-week nutrition, walking, and health coaching program in a group of pre-nursing students.

- **What are the requirements?**

Participants will be assigned to either intervention or control groups. Individuals in the intervention group will receive 6 one-hour sessions on healthy nutrition practices, enrollment in a walking program, and health coaching related to improvement of body composition and self efficacy. Individuals in the control group will receive assessments at the beginning and end of the program but will not receive intervention strategies until the end of the 6 weeks when he/she may choose to enter the program.

- **Who can participate?**

Participants must be at least 18 years old, pre-nursing students, and participate in less than one hour/week of planned physical activity.

- **What are the benefits?**

Participants will receive feedback on body composition and nutritional status as well as be entered into a raffle for gift cards.

- **Interested?**

Please contact the Institute for Women's Health at 940-898-2792 or iwh@twu.edu if interested in participating in the research study.