

Would you like to reduce your smoking, but aren't ready to quit? Why not join a study which may help? Researchers at St George's University in Tooting, South London, are looking for smokers to take part in their trial of physical activity and reduction of smoking (TARS study). If you enrol and are in the intervention group you will be offered up to 8 sessions with a health trainer to help you to increase your physical activity and reduce your smoking. We have had very positive feedback from participants, "activity will curb smoking" and "with exercise comes less smoking". You could also receive £40 in shopping vouchers for completing the study. For more information, please contact Mary on 07896 934108 or email tars@sgul.ac.uk.

