

UNIVERSITY of GUELPH

Interested in Starting an Exercise Regime? PARTICIPANTS NEEDED!

WHO: Physically inactive males (ages 18-70)

WHAT: Researchers in the Department of Human Health and Nutritional Sciences are investigating the ability of different exercise training protocols to improve cardiovascular and metabolic health.

TIME COMMITMENT: 7 Weeks Duration

- Initial Visit (~30min)
- Pre-Exercise Testing (3 sessions ~11hrs total)
- Exercise Training (1hr x 5 days a week for 6 weeks)
- Post-Exercise Testing (3 sessions ~11hrs total)

BENEFITS: Improved health

COMPENSATION: Monetary

If you are interested, please contact Heather Petrick (exercise.metabolic.health@gmail.com). For more information, please visit <http://hplguelph.weebly.com/diabetes-project.html>/ This study has been approved by the University of Guelph Human Research Ethics Board (REB# 17-08-008)

Exercise and Health
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