PARTICIPANTS NEEDED

WHO: Healthy, active males and females (18 to 30 years old).

WHAT:

- Investigate the accuracy of measuring oxygen uptake (VO_2) with two portable metabolic systems (VO2 Master Health Sensors Inc. VO_2 Master PRO and Cosmed K5) compared to the standard laboratory metabolic cart.
    - Perform exercise on a cycle ergometer at various intensities.
    - Perform a test of maximal aerobic capacity (VO_{2max}).

WHERE: Human Nutraceutical Research Unit room 271 (HHNS Annex), University of Guelph.

TIME COMMITMENT:

- Total time commitment (**6.5 hours**).
    - 1 x Pre-laboratory meeting (~30 min).
    - 1 x VO_{2max} visit (~40 min).
    - 2 x Familiarization visits (~40 min each).
    - 6 x Experimental visits (~40 min each).

BENEFITS:

- Determination of **aerobic fitness level** (VO_{2max}).

If you are interested, please contact ***Jamie Pereira*** by email (***jperei07@uoguelph.ca***) or text message/phone call [***(905) 220-4642***].

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants #REB 18-07-002.

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