

UNIVERSITY of GUELPH

PARTICIPANTS NEEDED

Are you currently engaging in a weightlifting program? We need YOUR help for a research study!

WHO: *Young* (18-30 years old), **healthy**, men and women whom have been involved in regular resistance exercise training for over 1 year.

WHAT: Researchers in the Department of Human Health and Nutritional Sciences are investigating how an overload resistance training program alters your heart rate and blood pressure variability.

TIME COMMITMENT: 14 visits (total time: 14-15 hours)

- Introductory visit (1 hour)
- 2 pre-training testing visits (30 minutes each)
- 10 training visits (~1 hour each, if allocated to training group)
- 2 post-testing training visit (1 hour each)

BENEFITS:

- Help to enhance knowledge of how to track overtraining and monitor recovery in resistance training

COMPENSATION: Monetary – \$75

If you are interested, please contact Nada Hassan (416-670-2736) (nhassa02@guelphhumber.ca)

This project has been approved by the ethics committee at the University of Guelph, REB # 18-09-009

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