

UNIVERSITY *of* GUELPH

Interested in Starting an Exercise Regime? PARTICIPANTS NEEDED!

WHO: Overweight males (ages 18-70 years) who are currently not performing any regular physical activity

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 (2 visits ~10hrs total)
- Exercise Training (1hr x 3-5 days a week for 6 weeks)
- Post-Exercise Testing (2 visits ~10hrs total)

BENEFITS: Improved health

COMPENSATION: Monetary



If you are interested, please contact Heather Petrick (exercise.metabolic.health@gmail.com). This study has been approved by the University of Guelph Human Research Ethics Board (REB# 17-08-008).