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).