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## PARTICIPANTS WANTED FOR RESEARCH STUDY



Does **interval training** affect the  
cardiovascular system differently in  
**males vs females?**

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### Eligibility:

- Aged between **18-35** years.
- Participating in **less than 1 hour** of structured endurance exercise per week.
- $VO_{2peak}$  **below 38 and 48 ml/kg/min** for females and males.

### You will undergo:

- 12 weeks of sprint interval training (10 min per session).
- $VO_{2peak}$  and peak cardiac output exercise tests.
- Imaging of the blood vessels and a small blood draw (8 ml).

Honorarium provided for participation. This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project # 14279.

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