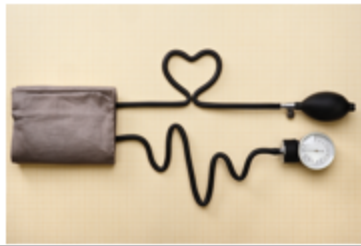




## **YOUNG HEALTHY MALES AND FEMALES WANTED FOR VASCULAR RESEARCH STUDY**



We are recruiting individuals to participate in a study looking at how heat therapy and exercise training can affect the blood vessels.

### **Eligibility:**

- ✦ Between the ages of 18-35 years old
- ✦ Recreationally active (exercising 2-3 times per week)
- ✦ No known cardiovascular, musculoskeletal, or metabolic disease

### **You will undergo:**

- ✦ Exercise testing, body composition assessment, ultrasound imaging, blood draws
- ✦ 8-week maintenance of regular physical activity habits OR 8-week therapy or training program involving 45-90 minute sessions of either leg heating in a warm water bath, moderate intensity cycling exercise, or both, 3x/week.

This study includes 8 visits to the lab and ~17 hours of total time commitment for the control group, and 30 visits to the lab and between 34-50 hours of total time commitment, for the training groups.

You will be paid between \$75-300 for your time.

Principal Investigator: Dr. Maureen MacDonald

If interested, please contact:

**Jem (Vascular Dynamics Lab) at [chengjl2@mcmaster.ca](mailto:chengjl2@mcmaster.ca)**

We welcome members of the BIPOC community and other underrepresented and marginalized communities to take part in our research study, and encourage voluntary sharing of the supports needed to facilitate your participation (e.g., discussing lab accessibility, accommodating cultural/religious needs, accommodating testing protocol and lab personnel).