

# **PARTICIPANTS NEEDED! EARN UP TO \$100!**

The Exercise and Health Psychology Lab is recruiting healthy individuals to take part in an exercise psychology study. This study will take place online with remote training.

This study will involve:

- Four Microsoft Team's calls involving planking tasks and cognitive tasks (approximately 45 min) to assess physical fitness and cognitive capabilities
- 4 weeks of a specialized at-home training program (15 minutes a day/ 5 days a week)
- You will be randomly assigned to either an exercise training condition involving using a handgrip device, a cognitive training condition, or a combined exercise and cognitive training condition
- Depending on your condition, you will be provided with a handgrip device that will be delivered to you through contactless protocols. Handgrip devices will not be collected back at the end of the study.

You will receive up to **\$100 CAD** for your participation and completion of the study.

To be eligible to participate you must:

1. Be between **17 and 30 years old**
2. Be recreationally active (>60 minutes of moderate to vigorous physical activity a week)
3. **English must be your first language**
4. Own a **personal smartphone or tablet** with **iOS 10+** (iPhone 6+)

## **Investigators**

Faculty Supervisor: Dr. Steven R. Bray

Student Investigators: Daniel Trafford, Matthew Winkel, & Owen Spiwak

For more information and to see if you qualify to participate in this study,  
Please contact Daniel Trafford at **[trafford@mcmaster.ca](mailto:trafford@mcmaster.ca)**