The Vascular Dynamics Lab is recruiting McMaster varsity athletes (18-24 years) for a home exercise study investigating the effects of a high intensity interval stair climbing program training in addition to regular athletic training.

There are 4 lab testing visits (two before and two after the training) during which we will assess your vascular health and you will complete a maximal exercise test. These lab visits are 1-1.25 hours long. You will also be asked to fill out some questionnaires. This exercise program would add 30 minutes to your current weekly sport-specific training for 4 weeks. You will be provided with a heart rate monitor and exercise training log book to track your exercise over the training period.

$40 compensation will be provided for completion of study.

Contact us for more details!

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This study is run by principal investigator Dr. Maureen MacDonald in the department of Kinesiology and has been reviewed by the Hamilton Integrated Research Ethics Board under Project #12868.