Seeking healthy (non-smoker, non-diabetic) women to participate in a PAID research study examining the effects of the menstrual cycle on exercise performance. Eligible women are 18-30 years old with regular menstrual cycles who are NOT using hormonal contraceptives.

YOU WILL BE COMPENSATED FOR YOUR TIME!

Please email Lauren at COLENSOL@MCMASTER.CA or call 365-323-4410 for more information!

This study has been reviewed by the Hamilton Integrated Research Ethics Board under Project #14067