The Exercise and Health Psychology Lab is now recruiting healthy individuals to take part in an online exercise psychology study. This study will take approximately 2 hours to complete (1 session) and will take place virtually on MS Teams. You will receive $20 or 2 SONA credits for your participation in this study. During the study, participants will complete two different exercise tasks, a non-exercise task, and a set of questionnaires. Throughout the study, you will be asked to provide ratings of fatigue, boredom, and mood. We are looking for individuals between the ages of 17-30 years who speak English as their first language, currently participate in less than 150 minutes of moderate to vigorous physical activity per week and have the intention of being physically active. For more information contact Dusan Kovacevic at kovacevd@mcmaster.ca.

This study has been reviewed and approved by the McMaster Research Ethics Board.