

Participants Needed!! Receive \$20 or 2 SONA credits!!

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.

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