MALE AND FEMALE PARTICIPANTS NEEDED!

We are looking for male and female volunteers to take part in a research study happening in the Ivor Wynne Center (IWC) at McMaster University looking at the effect of a single bout of handgrip exercise on cognitive function in young adults.

Eligibility:

- Between the ages of 18-35
- Having normal blood pressure (≤125 / ≤85 mmHg)
- No history of hypertension or pre-hypertension diagnoses
- No known cardiovascular disease
- Able to go without prescription medications for 8 hours
- Not participating in elite level training (i.e., varsity athletics)

You would be asked to participate in 3 testing visits: 1) familiarization and screening to determine eligibility criteria; 2) handgrip exercise, and 3) seated rest.

The first visit will be ~30 minutes, and the subsequent two visits will be ~1 hour each. The total expected time commitment is 2.5 hours.

For more information about this study, or to volunteer for this study, please contact:

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This study has been reviewed and received ethics clearance by the McMaster Research Ethics Board (MREB)