
YOUNG, HEALTHY ADULTS NEEDED FOR AN EXERCISE RESEARCH STUDY

Does brief **bodyweight exercise**
improve glucose control?

Eligibility:

- 18-35 years old
- Exercising < 150 minutes per week

What does this study involve?

- 2 bodyweight exercise sessions and 1 control sitting session.
- Wearing a continuous glucose monitor on your arm for ~10 days.
- 4 virtual and 2 in-person study visits.

Total time commitment: ~ 6 hours over ~4 weeks.

You will receive an honorarium for your participation.

If interested, please contact **Fiona Powley** at powleyf@mcmaster.ca