



Sedentary behaviour, screen time, and cardiometabolic health risk



PARTICIPANTS NEEDED FOR RESEARCH IN KINESIOLOGY!

We are looking for adult volunteers over the age of 30 years to take part in a study that examines the effects of sedentary activities on health risk. Participants must be non-smokers, not currently sick, and not currently diagnosed with chronic diseases such as type II diabetes, cardiovascular disease, or cancer.

You will be asked to wear a small activity tracker and report your average weekly screen time, and small saliva and blood samples will be collected once to measure biomarkers indicating health risk.

Your participation would involve 4 sessions to measure sedentary time and screen time, and 1 of these sessions will also measure health risk biomarkers.

The sessions will take between 10 and 60 minutes each, resulting a total of approximately 2.5 hours of your time.

In appreciation for your time, you will receive a **\$25 gift card** and be entered in a draw for **\$100 gift card** to a local restaurant upon completion of your participation in the study. You will also receive your own physical activity profile and biomarker data (blood lipid profile, blood glucose, glycosylated hemoglobin, and C-reactive protein concentration) upon completion of your participation in the study.

Participation is confidential.

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

Haley Dennis

Kinesiology Department

Phone: (403) 317-5073

Email: h.dennis@uleth.ca

**This study has been reviewed for ethical acceptability and approved by the
University of Lethbridge Human Participant Research Committee**