



Want to get more active in 2019? Join our training study!

Who?

- Healthy individuals (aged 18-40 years)
- Not currently doing more than 150 min of physical activity/week
- Interested in increasing their activity and improving their fitness!

What?

- 4 weeks of supervised exercise training
- Participants will perform 3 sessions per week of 2 different types of exercise:
 1. High intensity interval training bout (3 bouts of 20-seconds of “all-out” efforts on a cycle followed by 2 min of active recovery)
 2. Moderate intensity continuous bout (30 min continuous cycling)

Where?

- Active Healthy Aging Laboratory at the University of Lethbridge (PE236)

Why?

- To get fit, have fun, and contribute to exercise science research!

**If you are interested and want more information contact
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This study has been reviewed and approved by the University of Lethbridge Human Subject Research Committee. Protocol #2018-120