Research Participants Needed

We are seeking men and women to participate in a study examining brain activity and cognitive function following moderate and vigorous exercise.

---WHO---

We are looking for men and women (18-50 yrs.) who can exercise at a jogging pace for 40 minutes, but do not currently perform more than 225 minutes of cardio exercise weekly.

Exclusion criteria may apply.

---WHAT---

Full participation includes four sessions each approximately 1-2 hours (6-7 total hours). All testing will be done in about a 2 ½ week period.

Perform a max fitness test to determine overall maximum fitness capacity. Body composition and bone density will also be measured with a DEXA scan.

Cognitive function will be measured with various tests, and brain activity will be measured with an image viewing task after exercise.

---BENEFIT---

After full completion of the study, each participant will receive $40 cash OR (if applicable) $30 and SONA credit.

Participants will also receive the results to their fitness test and DEXA scan (value of $200+)

IF INTERESTED PLEASE CONTACT: byubrainwave@gmail.com