

Call For Participants



Are you interested in your fitness level?

2 week(s) to complete

A) State-of-the-Art Medical Body Composition Analysis (e.g. muscles/fat/hydration/resting &...

Experiment

115 New Cavendish St, Fitzrovia,
London W1W, UK

University of Westminster

You are being invited to take part in a research study examining changes in muscle function and muscle inflammation following exercise. There is evidence from many studies that exercise-induced muscle damage is caused by strenuous and unaccustomed exercise and is related to strength loss, pain, muscle soreness and impaired recovery; and can result to exercise avoidance. The aim is to decrease the unpleasant effects of intensive exercise, so you can have a faster recovery and...

Find out more online

Poster printed on 20/04/2024 Study expires on 31/12/2020

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/30AS53

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