

# Call For Participants



Cardiovascular risk marker  
variability in response to  
exercise in men

6 week(s) to complete

£200 Amazon voucher

Experiment

Towers Way, Loughborough  
LE11, UK

Loughborough University

The amount of fat in our blood increases after a meal. Large increases in blood fat over long periods of time can increase the risk of heart disease in later life. A single bout of exercise performed up to 18 h before a meal reduces blood fats in adults. It has also been shown that acute bouts of exercise can improve measures of blood pressure and sleep quality. However, we do not know whether these responses to exercise are similar on repeated occasions.

Find out more online

Poster printed on 28/03/2024    Study expires on 31/07/2020

**More info**  
by scanning the QR code  
or visiting the URL

[www.cfp.cc/UM39R3](http://www.cfp.cc/UM39R3)

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