

Call For Participants



BREAKER study - Breaking up sitting with resistance exercise

3 week(s) to complete

Travel expenses to and from the study site

Experiment

Loughborough LE11 3TU, UK

Loughborough University

This study is recruiting participants to help investigate the effects of breaking up long periods of sitting (10 hours) with brief periods of walking and light resistance exercise.

We want to investigate the effects that these activity breaks have on blood and heart-related health, appetite, mood, sleepiness and reaction time

Find out more online

Poster printed on 26/04/2024

Study expires on 31/03/2020

More info

by scanning the QR code
or visiting the URL

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