

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 07/12/2019 Study expires on 31/03/2020

More info

by scanning the QR code or visiting the URL

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3

www.cfp.cc/v3DKX3