



Research Study- New Study Phase

Comfort During Moderate Exercise

- no overnight fast or blood draw
- morning, afternoon, evening appointments
- any day of the week

Attend ONE Appointment

Free body fat assessment

Total possible compensation \$20

If you don't regularly exercise more than 150 minutes per week
you may be eligible

Call to find out more (no obligation, brief screening)

Phone: 806-742-5194

Email: bmtrlab@ttu.edu

(Provide your name, phone number, and the best times to contact you)

What will I be asked to do if accepted?

- Complete screening questionnaires, have weight, body composition, blood pressure measured, a pain sensitivity test (minimal discomfort), answer questions about your enjoyment, comfort level and if you feel any pain before, during and after the session.
- You will be asked to participate in a moderate intensity physical activity session on an elliptical machine (from 0 to maximum 42 minutes - ***you stop when you decide to***).

Texas Tech University Department of Nutritional Sciences: Behavioral Medicine & Translational Research lab BMTR.

This study has been approved by the TTU Institutional Review Board.