

VOLUNTEERS REQUIRED

HEALTHY FEMALES AND MALES AGED 18-35 ARE REQUIRED FOR
IPAN STUDY EXAMINING THE EFFECTS OF ENDURANCE EXERCISE
ON MUSCLE METABOLISM



Participation involves 2 visits to our laboratory to undertake some cycling exercise. Visit 1 will measure your aerobic fitness (VO₂ Peak). On visit 2 we will take some blood samples and also some muscle biopsies, which are small samples of muscle that a doctor will take from your thigh muscle under a local anesthetic. Results from this study could provide new information regarding how the muscle adapts to exercise. Females must be currently taking oral contraceptives for inclusion into this study.

If you are interested in participating and would like further information regarding this study, please contact:

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