

The Queen's Muscle Physiology Laboratory is seeking participants for a study examining the effects of fasted exercise training on metabolic flexibility

Criteria for participation:

- Recreationally active males and females
- 18-30 years of age
- No history of cardiometabolic disease

Study details:

- 1 preliminary visit (~3-4 hours) – FREE FITNESS ASSESSMENT
- 5 consecutive exercise sessions (7 am – 11 am), involving 1-hour of cycling with or without breakfast
- 1 post trial visit (~3-4 hours)
- Breakfasts provided during study and dinners provided prior to pre- and post-testing

Participants will be compensated \$200

Email Kristi at 13kls2@queensu.ca for more information!

Principle investigator: Dr. Brendon Gurd (gurdb@queensu.ca)