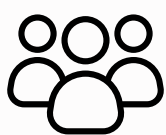


When Life Gets Out of Rhythm, Can Exercise Help?

Join our study to help us understand if exercise can help protect your body when sleep and daily schedules are disrupted.

WHO CAN JOIN



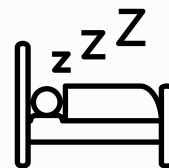
Adults ages
18 to 40



Generally healthy
without diabetes
or heart disease



Exercise less
than 150 minutes
per week



Willing to stay
overnight at CU
Anschutz for 5 days



Do not regularly
work overnight
shifts

WHAT TO EXPECT

If you are eligible for this study, you will:

- Stay **overnight** at UCHHealth for up to **5 days**
- Be randomly assigned to a group with or without a **daily exercise routine**
- Transition from a daytime schedule to an **overnight schedule**
- Provide **blood samples** and answer **questions about your health**
- **Complimentary meals** during your stay and earn up to \$1,100 for completing the study



JOIN OUR
RESEARCH
STUDY TODAY



26-0127



Justin Lorentzen



justin.lorentzen@cuanschutz.edu

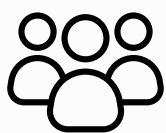


303-724-3685

Curious About How Your Body Will React to Working the Night Shift?

Future healthcare professional? Experience what it's like to transition to a night schedule while contributing to research.

WHO CAN JOIN



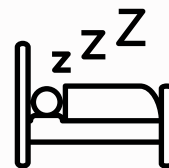
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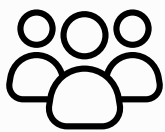
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When Life Gets Out of Rhythm, Can Exercise Help?

We're looking for students to help us learn if exercise can protect the body when sleep and daily schedules fall out of sync.



WHO CAN JOIN



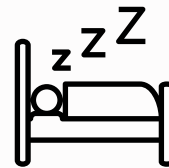
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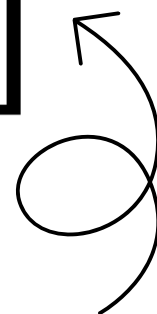
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**JOIN OUR
RESEARCH
STUDY TODAY**

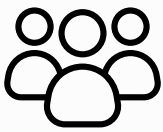


Research Opportunity for Students

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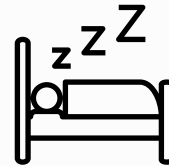
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