



University of Colorado
Anschutz Medical Campus

COMIRB# 20-1900

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THE B.U.R.S.T.2D RESEARCH STUDY

Breaking Up pRolonged
Sedentary Time

This research study plans
to learn more about how
short, frequent periods of
physical activity affect
your health.

WHO QUALIFIES FOR THIS STUDY?

- Healthy men and women
- Ages: 18-45
- With BMI: 25-40
- With Prediabetes: (you can check this at <https://www.diabetes.org/a1c/diagnosis>)
- People who are seated more than 8hrs/day
- People who are physically active less than 3 days/week

BENEFITS FROM PARTICIPATING?

- Free blood and body fat tests
- Free measure of metabolic rate
- Free medical exam
- Free activity monitor
- Compensation up to \$1300



WONDERING HOW PHYSICAL ACTIVITY
MIGHT IMPACT YOUR HEALTH?



ARE YOU A SEDENDTARY PERSON WHO
SITS FOR LONG HOURS?

GET IN TOUCH

CONTACT AHWC.RAMBOLAB@UCDENVER.EDU
FOR MORE INFORMATION