Exercise and Biological Clock Study

Researchers at the University of Kentucky are inviting you to participate in a study about the effect of exercise timing on biological (circadian) rhythms. The study will involve 5 days of exercise training. Measurements will be taken before and after the training to compare results.

You may be eligible to participate if you:

- Are between the ages of 18-45;
- Do not smoke;
- Are not pregnant; and
- Do not participate in structured exercise more than 2 hours each week.

Participants will be compensated for their time.

For more information, please contact:

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- OR -

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