ARE YOU INTERESTED IN PARTICIPATING IN AN EXERCISE STUDY?
Volunteers are needed for a study being conducted in the Department of Kinesiology & Community Health which will examine the mind/body effects of exercise. If you are between the ages of 18 – 30 years old and are capable of running at various intensities on a treadmill, please contact Tina Mattila by emailing her at mattila2@illinois.edu. As a result of your participation, you will learn what your aerobic capacity is (i.e., how aerobically fit you are) and you will help contribute to the understanding of the potential benefits of exercise on the mind & body.