Do you need to start exercising?

You can earn $300 for your participation in a study investigating the biological mechanisms associated with exercise and reduced risk for breast cancer.

You may be eligible to participate if you are:

- A 30 - 45 year old FEMALE
- NOT physically active (exercise less than 40 minutes a week)
- A Denver Metro Area resident

This study involves:

- 2 maximal exercise tests to assess your fitness level
- 3 saliva and blood draws
- 3 brief and confidential questionnaires
- 1 physical screening with a physician
- 16 weeks of supervised exercise training (4 times per week)
- 2 follow-up appointments 4 and 10 months after your first visit

If you are interested, please contact the CUCHANGE research lab at:

303 – 492 - 9549 or GEM.custudy@gmail.com