

Health, Nutrition,
and Exercise Sciences

Graduate Studies

VOLUNTEERS NEEDED FOR RESEARCH STUDY

Acute Effects of Blood Flow Restriction Exercise on Markers of Vascular Health in Individuals at Risk for Prediabetes



Seeking males aged 18 to 55 years to examine the acute effects of 2 exercise types on markers of heart health. You will be asked to:

- 1) Complete several health-related questionnaires.
- 2) Complete 1 exercise familiarization session.
- 3) Complete 2 exercise sessions.
- 4) Complete 2 brief follow-up sessions with no exercise.

Participants will receive \$30 for completion of the study!

**subjects who are overweight or have a family history of diabetes are more likely to be eligible*

This research is conducted under the direction of Dr. Kyle Hackney, Department of Health, Nutrition and Exercise Sciences, and PhD student Logan Pitts. Support for this project was provided by the Northland ACSM Innovative Student Research Grant and has been reviewed and approved by the NDSU Institutional Review Board #HE20012).

If interested, please contact Logan Pitts at logan.pitts@ndsu.edu or 916-390-8790.

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