

# Do You Want a Health and Fitness Profile to Kickstart 2016



Location **South East, East Sussex**  
<https://www.freedasz.co.uk/x-248315-z>

I am a PhD student at the University of Brighton, based on the Eastbourne campus, and I am investigating the impact of exercise on stem cells. Currently, I am recruiting a male population aged 18-40 yrs, who are non-smokers and injury free, and complete less than 30 min of physical activity each day, for a resting study that requires just one laboratory visit in the morning. Testing will involve resting heart rate and blood pressure measures being recorded, body composition assessment and a submaximal 6 minute cycling test. After completion, volunteers will receive a report to help improve their fitness. If people would like to find out more information about the study or volunteer please contact me, Charlotte, at: [email&#160]



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