



Participants Needed

METABOLIC RESEARCH STUDY

Study purpose:

The study – **Exercise and Insulin Signaling in Human Skeletal Muscle** – will determine benefits a single exercise session has on metabolism, including the body's response to insulin.

To participate, you must:

- Be 18-45 years old
- Engage in less than one hour of planned exercise per week
- Not have diabetes or cardiovascular disease
- Not be taking medications to treat metabolic or cardiovascular conditions
- Not be pregnant

Participation involves:

- Four visits to the Samaritan Athletic Medicine Center at OSU
- Two bicycle exercise sessions
- Blood and muscle sampling
- A time commitment of ~19 hours

Participants will be paid for time committed to study activities and will receive health outcome information.

This study is being conducted by Sean Newsom, Ph.D. and Matt Robinson, Ph.D. of the Translational Metabolism Research Laboratory.

For more information, please contact
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health.oregonstate.edu/tmrl