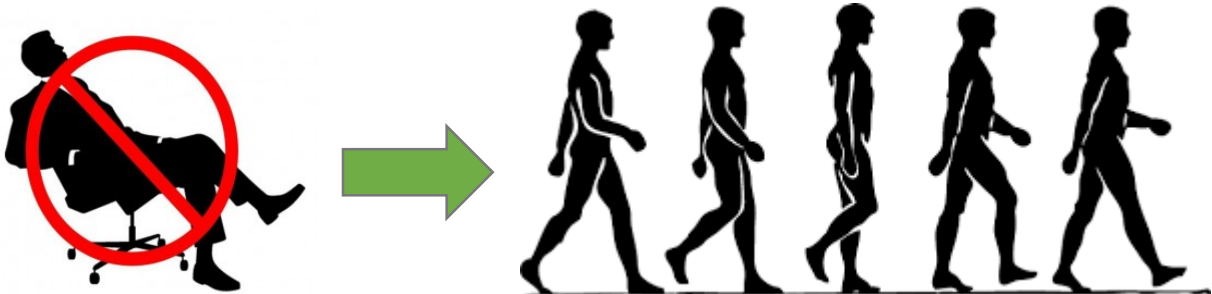




The B.U.R.S.T. Research Study

Breaking Up pRolonged Sedentary Time



This research study plans to learn more about how short, frequent periods of physical activity affect your health.

Who qualifies for this study?

- Healthy men and women
- Ages: 19-45
- With BMI: 25-35
(for more info on BMI you can go to: <http://nhlbisupport.com/bmi/>)
- People who are seated 8 or more hours per day
- People who are physically active less than 3 days per week

In addition to being paid you will receive:

- Free blood tests
- A measure of insulin sensitivity
- A free body fat test
- A free measure of your metabolic rate
- An activity monitor
- Free medical exam

Compensation Provided

Contact eats.study@ucdenver.edu for more information