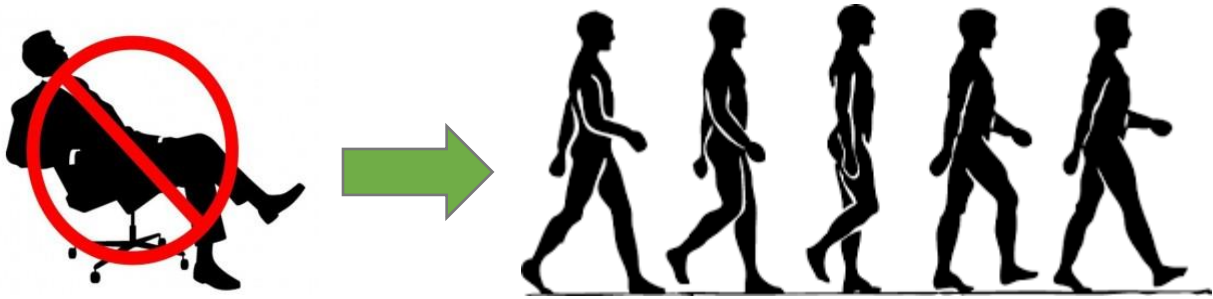




The B.U.R.S.T.2D Research Study

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: 18-45
- With BMI: 25-40
- With Prediabetes:
(you can check this at <https://www.diabetes.org/a1c/diagnosis>)
- People who are seated more than 8 hours per day
- People who are physically active less than 3 days per week

Compensation Provided

Please contact ahwc.rambolab@cuanschutz.edu for more information