



UNIVERSITY OF  
BIRMINGHAM

## Research study recruitment poster



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# The effects of hyperglycaemia on the response to acute exercise

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The School of Sport, Exercise & Rehabilitation Sciences is looking for volunteers who are interested in taking part in research investigating the effects of elevated blood sugar levels (hyperglycaemia) on the response to a single exercise session.

### We are looking for males who are:

- Aged between 18-50 years
- Non-smokers and generally healthy

### What would you be asked to do?

All participants will be asked to complete one screening trial and 3 experimental trials over a 4-6 week period. During these visits we will take blood and urine samples, and you will perform single exercise bouts during which we will measure heart rate, blood pressure, and blood flow. We will also infuse glucose (sugar) solution into a vein in your arm to temporarily change your blood sugar levels.

### You will receive remuneration for your time.

### Benefits of participation

As a result of participating in this study we will be able to give you detailed information on your current fitness levels and measures of your metabolic and cardiovascular health. We will also be happy to discuss how you can use exercise to help improve your overall health.

**For more information please contact:** Steve Carter (Doctoral Researcher, and chief investigator) **Email:** [sxc752@bham.ac.uk](mailto:sxc752@bham.ac.uk) or **Mobile:** 07858270668