

## ECG Abnormalities in Recreationally Active People

Researchers at La Trobe University are seeking volunteer research participants to be involved in a study hoping to learn more about the prevalence of heart abnormalities in recreationally active people.



### You May Qualify if You:

- aged 18 years or older,
- speak fluent English,
- run or cycle at least once per week,
- meet or exceed physical activity guidelines (i.e. perform at least 150 minutes of moderate or 75 minutes of vigorous physical activity per week), and
- do not have a diagnosed heart abnormality or medication known to induce heart abnormalities.

### Participation involves:

If you decide to take part in the research, you would be asked to:

- Attend an exercise laboratory at La Trobe University's Bendigo campus on two (2) occasions (total time commitment of ~ two and a half [2.5] hours).
  - Visit 1:
    - Complete several questionnaires about your health and training history.
    - Have a resting heart electrical activity assessment.
    - Complete a graded exercise test to assess your fitness (aerobic capacity).
  - Continuous heart electrical monitoring between visits 1 & 2.
  - Visit 2 (return equipment).
- Repeat this testing in one (1) years' time.

Your decision to participate in research is voluntary.

### Reimbursement for participation

There are no additional costs associated with participation in this research study, nor will you or the participant be paid.

### For More Information

If you would like more information or are interested in being part of the study, please contact:

<b>Name:</b>	<i>Dr Daniel Wundersitz</i>
<b>School/Department</b>	<i>Holsworth Research Initiative, La Trobe Rural Health School</i>
<b>Email:</b>	<i>d.wundersitz@latrobe.edu.au</i>
<b>Phone:</b>	03 5444 7144
<b>Ethics Approval Number</b>	HEC24024