

The effect of recreational cycling on heart health

Researchers at La Trobe University and Bendigo Health are seeking volunteer research participants for a study looking at the heart's electrical activity before, during and after endurance cycling. This is to assess the effect of long periods of exercise on **heart health**.

Would the research study be a good fit for me?

The study might be a good fit if you:

- Are aged 18 years or older;
- Cycle for at least an hour a week;
- Have no contraindications to exercise.



What would happen if I took part in the research study?

If you decide to take part, you would make one (1) visit to Bendigo Health and five (5) visits to La Trobe University Flora Hill campus. You would also:

- Have your heart structure & function unobtrusively assessed;
- Have your physical fitness assessed through a graded exercise test;
- Complete questionnaires to help us understand your health & physical activity;
- Wear sensors for two periods of one week to collect data on your heart's electrical activity, daily physical activity & sleep patterns.
- As an optional part of the study, you can volunteer to provide blood samples for analysis before, during, and after the cycling endurance exercise (totaling 8 hours over one day in 50-minute sessions)

Will I be paid to take part in the research study?

All costs of your participation in this study will be covered by La Trobe University. On completing of the project, you will receive a \$100 gift card as a gesture of thanks for your participation.



Who do I contact if I want more information or want to take part in the study?

Name:	<i>Dr Daniel Wundersitz, Holsworth PostDoctoral Research Fellow</i>
School/Department	<i>La Trobe Rural Health School</i>
Email:	<i>d.wundersitz@latrobe.edu.au</i>
Phone:	+61 3 5444 7144
Ethics Approval Number	[INSERT Ethics Approval number]