

DO YOU **RUN** ?? YOU MAY BE ELIGIBLE!!



Are you an **endurance athlete**, or  
Participate in **endurance training**?

If **YES**, read more...

*The **Human Integrative Physiology lab** (PI: Dr. Adami) in the Dept. of Kinesiology at URI is conducting a study to understand how specific types of training (endurance vs. strength) play a role in the leg muscle metabolism.*

*Only non-invasive methodologies will be used in this **4 hour to 30 min** study. Four visits are required, lasting between **60 and 90 min**.*

*No health benefits come out from participation, but a **reimbursement of US\$25 will be provided** at completion of the entire study.*

*This study does not involve drawing blood. This research has been approved by the University of Rhode Island Institutional Review Board*



Scan me!

To learn more, contact our lab!  
[hiplab@uri.edu](mailto:hiplab@uri.edu)

**ELIGIBILITY**

- Healthy, young **men and women** (19-35 yrs)
- Following an **endurance** (running) type of training for the past **3-5 yrs (4 times/week)**
- Must be COVID-19 vaccinated

Endurance  
Muscle study  
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