

Testing different exercise regimes in sedentary volunteers for cardiovascular improvement (TRAIN)

THERE IS INCREASING EVIDENCE THAT A SEDENTARY LIFESTYLE CAN BE A RISK TO YOUR HEALTH

What can be done about it???

The TRAIN study aims to find new ways of deciding what exercise could be good for sedentary people



So, if you are healthy without any cardiorespiratory or metabolic diseases and do less than 30 minutes physical activity per day - **you are eligible for the TRAIN study**

The TRAIN team have designed a simple, easy, experts-monitored exercises to be done for a **3-month** period that could be good for your health

If you would like more information about the TRAIN study, contact

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