



We are recruiting participants!

We are looking for healthy volunteers to participate in a study comparing the **myokines** being released by skeletal muscles during **physical activity** in pregnant versus non-pregnant women.

Participation details:

- One visit at the University of Ottawa (maximum 3 hours).
- A walking treadmill test (maximum 60 minutes).
- Two blood draws.

Selection Criteria:

- 18 – 40 years old
- Able to communicate in either French or English
- Normal weight or overweight
- Weight-stable for at least 6 months
- No contraindication to exercise

Exclusion Criteria:

- Habitual consumer of drugs, alcohol or tobacco
- Diabetes
- Untreated thyroid disease
- Hypertension



The ethical aspects of this study have been reviewed and approved by the Research Ethics Boards at the University of Ottawa.

For more information on this project please contact:

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