

Principal Investigator: Kristi Adamo, PhD

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uOttawa

Pregnant?

We are looking for healthy volunteers to participate in a study aimed at establishing exercise intensity cut-off points for physical activity using accelerometers (e.g. ActiGraph and Actical)



Selection Criteria:

- 18-40 years old
- >12 weeks pregnant
- Normal weight or overweight prior to pregnancy

Your participation will involve a:

- Physical activity assessment
- Fitness test
- Measurements of heart rate, expired gases
- \$20 gift card for participation

For more information please contact:

Research Coordinator:
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or

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PREVENTION IN THE EARLY YEARS
LA PRÉVENTION, DÈS LA CONCEPTION

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