

## Does Exercise Improve Our Health By Changing Our Gut Microbiota?

## **HEALTHY MALE VOLUNTEERS WANTED**



## Benefits of participation:

- Fitness assessment (VO2 max)
- Body composition analysis
- 11 supervised exercise sessions
- Compensation for time (\$100 fuel voucher)
- •Contribute to health research

To determine if exercise can improve the composition of the microorganisms in our gut, we are seeking heath male volunteers aged 18-50 to undergo 9 exercise training sessions over 3 weeks at the University of Auckland. Two additional visits to the Grafton campus at the start and end of the study will be required to measure your fitness and body composition, take a blood sample and oral swab. Participants will be asked to provide 4 stool samples during the study using the hygienic collection kits provided.

## For further information please contact:

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STUDY APPROVED BY THE HEALTH AND DISABILITY ETHICS COMMITTEE Reference Number 17/STH/42