

# Research Opportunity

## UNCG researchers are investigating the effects of exercise on memory

### You can participate if you are:

- Between 18 - 25 years old
- Willing to participate in testing for 2 visits on campus and refrain from exercise 24 hours before and after the visits
- No symptoms of depression, ADHD, or sleep disturbance
- Without medical problems that could limit exercise and memory tasks

### You will be required to do:

- Two online surveys done ahead of visit 1
- Two visits to the lab (80 minutes each)
  - Exercise/Rest on a stationary bike (30 minutes)
  - Perform a set of memory tests (40 minutes)
  - Wearing a heart rate monitoring strap throughout the visits
  - Check up on a phone call on the next day (5 minutes)
  - Collection of saliva samples (5 minutes)

**All participants will be entered into a drawing for one of six \$25 Target gift cards! Participants can also obtain a memory test report.**

Interested?

Complete the eligibility survey – Click this [link](#) or scan this

or  
Email us at [paclab.uncg@gmail.com](mailto:paclab.uncg@gmail.com)

