

Join a study of exercise capacity & activity level in healthy, inactive adults

Who is eligible? Healthy, low-active adults between 18-70 years

Who is NOT eligible?

- Smoker, or stopped smoking less than 1 year ago
- Pregnant or breast feeding
- Diabetic
- Have a metabolic, cardiovascular and/or neuro-immune disease
- Have an orthopedic limitation that prohibits cycle exercise

What must you do?

- Have a phone call with us to determine eligibility for the study-**about 10 minutes.**
- If eligible, meet with our physician for clearance to participate in the study. During this meeting, urine and blood samples will be collected. You will not be charged any fee to be examined by our physician or for the blood and urine tests. **Takes about 60 minutes.**
- Complete questionnaires about your health/medical history and physical activity level. **Takes about 60 minutes.**
- Complete 2 exercise tests on a stationary cycle separated by 24 hours. Each test requires 8-12 minutes of exercise. A small amount of blood will be collected from your arm before and after each exercise test, and a single drop of blood from your fingertip before and after each test. **The total test session is about 60 minutes per test.**
- You will wear a wrist watch device for 10 days before and 10 days after the exercise tests. **It takes about 5 minutes to learn how to use this device.**

Where is the testing being done? Ithaca College in Ithaca, NY.

What will you get? *If you qualify as a subject, you will receive \$200 upon completion of the study.* You will get a report of your exercise test results, and how your test results compare to others who are your age and sex. This will provide information about your aerobic fitness level and baseline data for starting an exercise program if you are interested in doing so.

How long will this take? The total time commitment for participation in this research study is about 4.5-5 hours, not including travel to and from the testing site.

How can I sign up or get more info?

For Ithaca, NY area contact Betsy Keller at 607-274-7948 or MECFStudy@ithaca.edu

More information at this website: <http://neuroimmune.cornell.edu/research/>

Join a study of exercise capacity & activity level in ME/CFS

Who is eligible? Adults between 18-70 years diagnosed with Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and have not been diagnosed with depression.

Who is NOT eligible?

- Smoker, or stopped smoking less than 1 year ago
- Pregnant or breast feeding
- Diabetic
- Have an orthopedic limitation that prohibits cycle exercise

What must you do?

- Have a phone call with us to determine eligibility for the study-**about 10 minutes**.
- If eligible, meet with our physician for clearance to participate in the study. During this meeting, urine and blood samples will be collected. You will not be charged any fee to be examined by our physician or for the blood and urine tests. **Takes about 60 minutes**.
- Complete some questionnaires about your health/medical history and physical activity level. **Takes about 60 minutes**.
- Complete 2 exercise tests on a stationary cycle separated by 24 hours. Each test requires 8-12 minutes of exercise. You will also have a small amount of blood collected from your arm before and after each exercise test, and a single drop of blood from your fingertip before and after each test. **The total test session is about 60 minutes per test**.
- You will wear a wrist watch device for 10 days before and 10 days after the exercise tests. **It takes about 5 minutes to learn how to use this device**.

Where is the testing being done? Ithaca College in Ithaca, NY.

What will you get? *If you qualify as a subject, you will receive \$200 upon completion of the study.* You will get a report of your exercise test results, which will provide you with information about your aerobic fitness level. Learning your heart rate at anaerobic threshold is useful to help guide your activity management to avoid symptom flares.

How long will this take? The total time commitment for participation in this research study is about 4.5-5 hours, not including travel to and from the testing site.

How can I sign up or get more info?

For Ithaca, NY area contact Betsy Keller at 607-274-7948 or MECFSstudy@ithaca.edu

More information at this website: <http://neuroimmune.cornell.edu/research/>