

# Seeking Volunteers for UIC Research Study

## We want to study how exercise responses might differ between treadmill and cycling exercise in individuals with Multiple Sclerosis – Interested?

### Who can participate?

- ✓ Diagnosis of multiple sclerosis and ability to walk without assistance
- ✓ Men and women aged 25-60 years old

### Where will it take place?

This research is being conducted by Dr. Tracy Baynard in the Department of Kinesiology & Nutrition at the University of Illinois at Chicago (UIC). The study will be conducted in the Disability, Health, and Social Policy building located at 1640 W. Roosevelt Road in Chicago.

### What will I have to do?

- ✓ Come to the study site 2 times for testing throughout the course of the study. The first visit should last about 75 minutes, and the second visit should last about 30 minutes. During this time you will answer questionnaires about your health history, fatigue level, sleep patterns, and physical activity.
- ✓ Have blood pressure and heart rate monitored during a fitness test on both a treadmill and stationary bicycle.
- ✓ Wear a physical activity monitor (for 7 days only) to measure your physical activity.

STARTS APPROVAL EXPIRES

APR 17 2015      APR 16 2016

### **Subjects will be compensated for their time.**

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INSTITUTIONAL REVIEW BOARD

If you meet these requirements, please call Garrett Griffith at 312-996-9594 or email him at [ggriff@uic.edu](mailto:ggriff@uic.edu).