

RESEARCH STUDY SEEKING ADULTS WITH PHYSICALLY ACTIVE JOBS

STUDY PURPOSE:

- To examine the impact of physical activity done at work on cardiovascular health

WE ARE LOOKING FOR INDIVIDUALS WHO:

- Work full time in a job that requires physical activity at least 75% of the time
- Are currently between the ages of 30 and 59
- Have no physical dysfunction
- Do not work a second job or overnight shifts
- Are not currently taking medications that are known to affect blood pressure or heart rate (e.g., Beta-blockers, ACE inhibitors, etc.)

THIS STUDY INVOLVES:

- Two visits to West Virginia University lasting approximately 1 hour each
- Wearing small movement sensors on your body for one week
- Wearing a heart rate chest strap and blood pressure cuff for 1 day during the same week
- Collecting saliva samples during 2 days during that same week

All participants who complete the study will receive up to \$150 as compensation. For more information or to see if you qualify, contact the study investigator, Dr. Rachael Alderson, at rachael.alderson@hsc.wvu.edu or complete the online screening form at the link below.



**CHECK TO SEE IF
YOU QUALIFY!**



[https://redcap.link/
occam_screening](https://redcap.link/occam_screening)