

LET'S GET PHYSICAL.

If you're overweight and fancy a resistance training program that is tailored specifically for you, we want **you!**

Come and be a part of our study **where we explore the physiological and psychological benefits of a 10-week resistance training program.**

Participants will be randomly assigned to one of two groups: the training group or the non-exercise training group. Those in the non-training group will receive their own customized training plan at the end of the study. Participants will also get access to a range of tests that can tell them more about their own health.

Testing and training will be conducted at the Cockburn Aquatics & Recreation Centre's gym

Join us if you're

- ✓ 14-18 years old
- ✓ Leading a(n) sedentary/ inactive lifestyle

Questions?

Please contact Javier Luo via email at 18186312@student.curtin.edu.au

This study has been approved by the Curtin University Human Research Ethics Committee (approval number HRE2019-0124). Should you wish to discuss the study with someone not directly involved, in particular, any matters concerning the conduct of the study or your rights as a participant, or you wish to make a confidential complaint, you may contact the Ethics Officer on (08) 9266 9223 or the Manager, Research Integrity on (08) 9266 7093 or email hrec@curtin.edu.au.



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