



University of Colorado
Anschutz Medical Campus

COMIRB 20-1900
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B.U.R.S.T.2D *Research Study*

Breaking **U**p p**R**olonged **S**edentary **T**ime

This research study plans to learn more about how short, frequent periods of physical activity impact your health.

ARE YOU INTERESTED IN BECOMING MORE ACTIVE AND LEARNING MORE ABOUT YOUR HEALTH?

WHO QUALIFIES FOR THIS STUDY:

- Healthy men and women
- Ages: 18-64
- BMI: 18.5-40 kg/m²
- With prediabetes or altered blood sugar
 - You can check this at:
<https://www.diabetes.org/a1c/diagnosis>
- People who are seated more than 6 hours/day
- People who are physically active less than 150 minutes/week

BENEFITS FROM PARTICIPATING:

- Free blood and body fat tests
- Free measure of metabolic rate
- Free medical exam
- Free activity monitor
- Compensation up to \$1350

SCAN TO SEE IF YOU QUALIFY



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FOR MORE INFORMATION

