

Participate in a study on how emotions impact responses to running and fueling

This study is using movie/video clips to examine the ways that emotional changes impact how the body responds to eating prior to exercise. Currently, there is little research on how emotions such as anxiety, tension, happiness, etc. alter runners' physiologic, metabolic, and perceptual responses to exercise and fueling.

Participation involves the following:

- Watching brief (5-7 min) movie/video clips
- Eating a standardized drink meal
- Running on a treadmill for 30 minutes at moderate-to-vigorous intensities
- A free body composition test (\$50 value)

To be eligible:

- Aged 18 to 55 years
- Able to run for 30 minutes at a moderate-to-vigorous intensity without stopping
- No diagnosis/signs/symptoms of cardiovascular disease or a metabolic disorder
- Currently physically active (3+ days/week of exercise at a moderate or higher intensity)
- No visual or hearing impairments interfering with ability to see and hear video clips
- No allergies to the ingredients in Boost nutrition drink



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