

Time of Day Study:

WHAT IS THE SAFEST TIME OF DAY
TO EXERCISE?

NOW RECRUITING!



SportsCardiologyBC is recruiting endurance athletes of **all levels** to participate in a new research study!

If you are over the age of 18 and participate in endurance athletics (i.e. running, cycling, swimming, rowing, cross-country skiing) at least 4 hrs/week, you may qualify to participate in this innovative project.

To learn more or become involved please contact the
SportsCardiologyBC team at:
scbcresearch@alumni.ubc.ca || 604-822-9494

Or visit the SportsCardiologyBC website:
www.sportscardiologybc.org