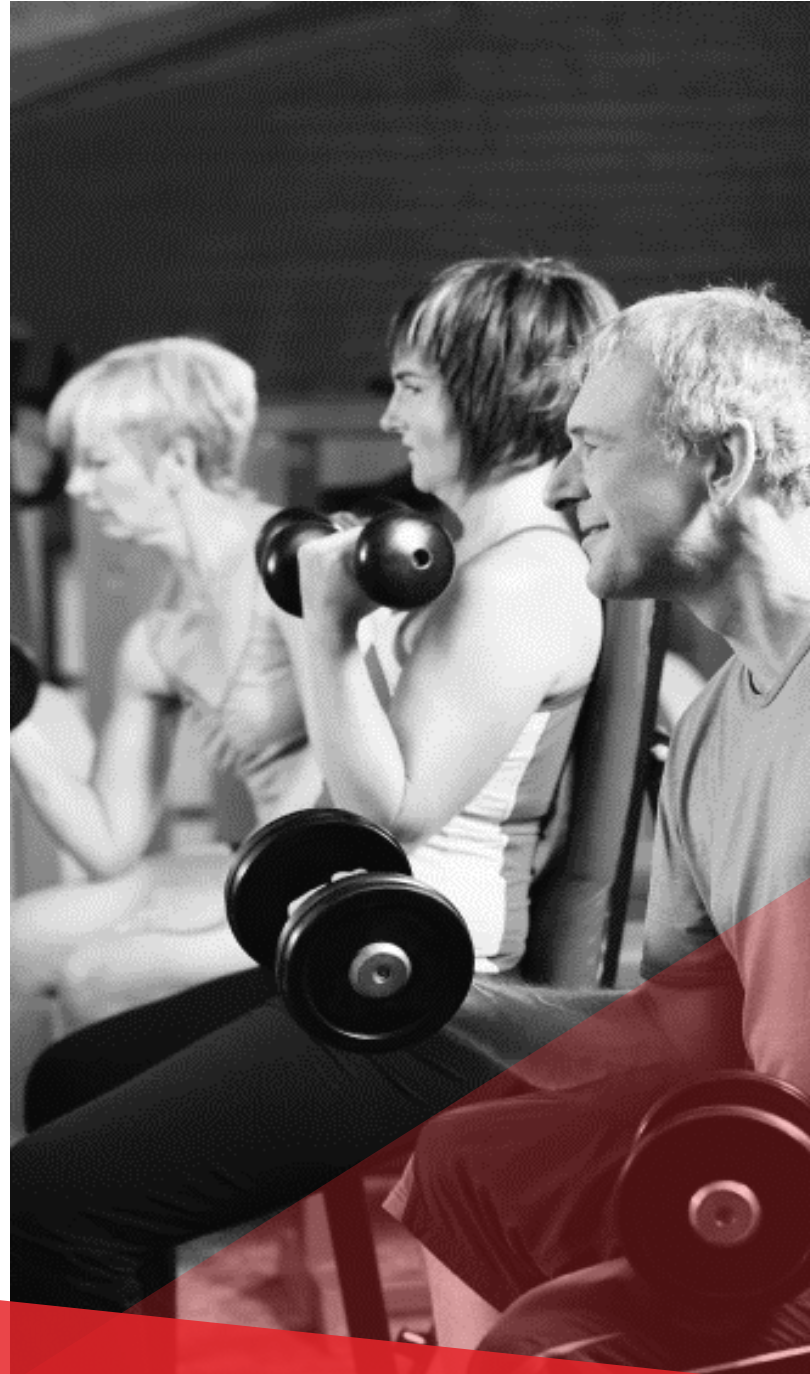


Are you interested in joining a **FREE, SAFE, and EFFECTIVE** exercise research program?

The EXCEL exercise program:

- Is instructed by **trained** fitness professionals
- Includes evaluations pre and post-program, as well as during follow-up, to examine the potential impact of exercise on fitness and patient-reported outcomes
- Will be offered **online** and when **safe to do so, in-person**.

Contact us **TODAY** to learn more and register for our classes!



This study has been approved by the Health Research Ethics Board of Alberta: HREBA.CC-20.0098

If you would like more information, please contact the EXCEL Research Coordinator, Julianna Dreger, at:

**Email:** [wellnesslab@ucalgary.ca](mailto:wellnesslab@ucalgary.ca)

**Webpage:** [kinesiology.ucalgary.ca/labs/health-and-wellness/home](http://kinesiology.ucalgary.ca/labs/health-and-wellness/home)

Scan for more info:

