



IS IRB# 20150000
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Scan this QR code to determine if you are eligible to participate!

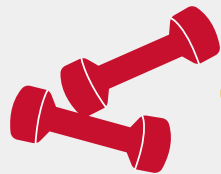


JOIN OUR RESISTANCE EXERCISE TRAINING RESEARCH STUDY!

TESTS



RET



Week 8



RET



Week 16



In addition to 16 weeks of RET, this study includes 6 total assessment visits across 52 weeks.

CONTACT US!



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IOWA STATE UNIVERSITY
Wellbeing and Exercise Laboratory

Who can join?



Adults aged 18-65 with depression who do not currently participate in Resistance Exercise Training (RET) greater than twice per week.

What can I expect?



One hour, biweekly RET for 16 weeks utilizing state-of-the-art equipment and professional guidance

What are the benefits?



- FREE structured exercise training
- Personalized health education to strengthen healthy habits
- Personalized reports on your health and physical activity behaviors