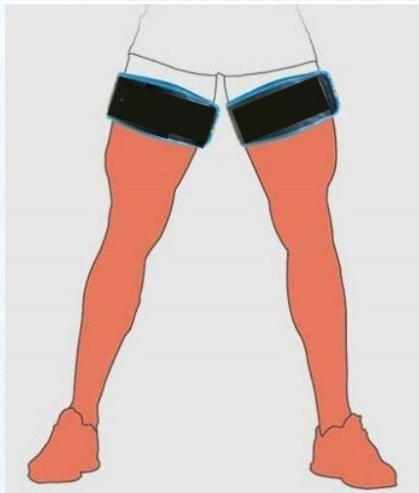


PARTICIPANTS NEEDED

EXERCISE AND VASCULAR HEALTH



BLOOD FLOW RESTRICTION TRAINING

6 Lab Visits and \$40 Starbucks Gift Card for Your Participation!

Who Do We Need?

- ✓ Participants who are 18 – 45 years old
- ✓ Be in good general health
- ✓ Previous exercise experience is **NOT** required!

Please scan the QR code for study eligibility!



Applied Exercise Physiology
and Rehabilitation Lab

- **Location:** Auerbach 204
- For more information contact:
- **Dr. Jinghui Yang** PT, MPT, PhD
 - jiyang@hartford.edu

Note: Blood flow restriction training refers to partially blood supply occlusion during exercise. It is an effective and widely used exercise modality in general population and clinical rehabilitation.