

Call For Participants



CHAIN 1: Concurrent multi-organ responses to chronic inactivity

7 month(s) to complete

Cash

Experiment

Lenton, Nottingham NG7 2UH,
UK

University of Nottingham

Biological processes that underpin the relationship between physical activity levels and health are not clear. Addressing these knowledge gaps has been recognised as vital to assist scientists and medical doctors working in the fields of human chronic diseases and aging to help more adults reach old age in better health and maintain a good quality of life. Therefore, we wish to examine the effect of 3 months reduced activity by walking <4500 steps/day and increasing sitting time to 7hrs/day.

Find out more online

Poster printed on 19/04/2025

More info

by scanning the QR code
or visiting the URL

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