

Call For Participants



The Role of Chronotype in Modulating Inflammatory and Appetite Responses to

8 hour(s) to complete

Sincere Gratitude

Acute intervention

Towers Way, Loughborough LE11 3TU, UK

Loughborough University

The study aims to find out how your body's natural sleep-wake pattern (chronotype) modulates the impact of 30 minutes of moderate exercise, performed either in the morning or afternoon, on inflammation levels and appetite regulation.

Find out more online

Poster printed on 31/03/2025 Study expires on 31/07/2025

More info
by scanning the QR code
or visiting the URL

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