

## Exercised serum skin study



### What its about?

We will be conducting an 30 min moderate-intensity exercise intervention, and collecting serum from participants to investigate the systemic effects of exercise. Our objective is to observe how exercise serum impacts human skin cancer cell lines in a laboratory-based experiment.

If eligible, you will participate in an cycling ergometer exercise session in the UC physiology laboratory, where we will collect a blood sample (from a forearm veing) from you pre-, post-, and 24 hours after the intervention. This will be repeated for a total 3 exercise trials each a few weeks apart.

### Are you interested in improving our understanding of the effect of exercise in skin cancer in humans?

Do you live in Canberra or the surrounding region?

Are you a recreationally active person aged 25-40 years old

Do you have no current or previous chronic health conditions or cancer, including all forms of skin cancer?

Are you interested in some exercise (cycle erogometer) trials in the physiology laboratory to assess your fitness?

**If you've said Yes to all of the above questions and are interested, or need further information, please contact Heidi Bochenek, University of Canberra at [heidi.bochenek@canberra.edu.au](mailto:heidi.bochenek@canberra.edu.au)**

UC Human Research and Ethics Committee approval number: to follow