



## **The Exercise Metabolism and Inflammation Laboratory at University of British Columbia Okanagan is recruiting volunteers to take part in a study examining differences in immune function across sex, age, activity level, and metabolic health status**

Participation involves completing online paperwork to assess eligibility (<30 minutes) and one ~15-minute visit to our laboratory (RHS 304) during which an overnight fasting blood sample will be obtained. You will receive a gift card for your participation in the study.

We are looking for females and males who:

- Are between the ages of 18-79 years;
- Have a Body Mass Index (BMI) within 18.5 and 40.0 kg/m<sup>2</sup>;
- Are taking < (less than) 3 glucose-lowering medications (excluding insulin) and with an HbA1c 6.5-8.5% if diagnosed with type 2 diabetes;
- Are able to suspend the use of certain medications leading up to the fasted blood sample
- if vaccinated for COVID-19, have been vaccinated at least four weeks prior to participation in the study

You will not be eligible to participate in this study if you:

- Have been sick in the previous three weeks;
- Currently smoke, have a history of heart attack, stroke, diseases affecting blood vessels of the heart, brain and/or other parts of the body, revascularization (e.g., bypass) surgery, cancer, chronic obstructive pulmonary disease, and/or use medications that impact immune function;
- Currently follow an extreme diet (e.g., ketogenic, intermittent fasting)
- Are currently pregnant (if female)

**For further information, please contact:**  
Jordan Boulton, HES Honors Thesis Student  
(jboulton16@hotmail.com)