**CONSENT FORM**

**Study ID Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Research Team Leads:** Dr Federico Villagra /Prof Luis Mur

**Contact Telephone Number:** 07917370342

**Carefully read the following statements and, if you agree, please INITIAL (do not tick) the adjacent boxes.**

**BOX INITIAL**

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | I confirm that I have read and understood the Participant Information Sheet dated ……..2024, for the above research study. I have had the opportunity to ask questions, and I am happy with the answers given. | |  |
| **2.** | I understand that my participation is voluntary and that I am free to withdraw at any time, without giving any reason, without my medical care or legal rights being affected. | |  |
| **4.** | I agree to provide samples that will be analysed at Aberystwyth University. *Please initial the boxes next to the samples you wish* *to provide.* | Urine |  |
| Blood |  |
| 5. | I agree that any samples taken from me that are in excess can be used for another related study in the future and my identity will remain anonymous. | |  |
| 6. | I confirm that I am aware that participation is for 12 weeks, and I am required to be available for the initial baseline check and 3 times weekly for the 12 weeks for 30 to 45 minutes each period. | |  |
| 7. | I am aware and agree that some cardiorespiratory tests will be carried out (eg Blood pressure measurement, Respiratory and strength tests) at 4 different times in the course of the study. | |  |
| 8. | I am aware and agree that blood and urine samples will be collected at 4 different times in the course of the study. | |  |
| 9. | I do not agree to any samples taken surplus to this study and relevant information about me being used in future research. | |  |

I have read and am aware that my identity will be kept strictly confidential and anonymous from public or private entities at any time.

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Name of volunteer Signature Date

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Researcher Signature Date

**Study inclusion criteria.**

* Volunteers who do not do more than 30 minutes of physical exercise per day. This exercise primarily consists of walking and does not include any running, cycling, or swimming.
* Volunteers with no ongoing health conditions such as diabetes, hypertension, cardiovascular diseases, obesity, or chronic respiratory issues
* Volunteers are to be over 18 years of age.
* Volunteers to be able to read the participant information sheets and provide written consent on the designated study consent form.
* The volunteer should not be suffering from haemophilia or any similar blood condition that would make giving blood a significant risk.
* Must be able to walk
* Must be able to lift weights using both arms

**Study exclusion criteria.**

* **Volunteers who do more than 30 mins of physical exercise per day or exercise by running, cycling, or swimming.**
* Volunteers with ongoing health conditions such as diabetes, hypertension, cardiovascular diseases, obesity, or chronic respiratory issues
* Volunteers under 18 years of age.
* Volunteers unable to read the particpant information sheets and provide written consent on the designated study consent form
* The volunteer is suffering from haemophilia or any similar blood condition that would make giving blood a significant risk.
* Inability to walk
* Unable to lift weights using both arms