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**Invitation Letter**

Hello,

Our research group is inviting and recruiting interested qualified members of this community to participate in the above-named research study - *TRAIN*. There is increasing evidence that a sedentary lifestyle can be a risk to your health. The *TRAIN* study aims to find new ways of determining what exercise could be good for sedentary people.

The *TRAIN* team has designed simple, easy, expert-monitored exercises for a **3-month** period that could be good for your health. The study is for 12 weeks, and you are to either exercise 3 times weekly or do nothing different from your normal routine depending on the study group you are allocated to.

If you decide to take part, please take some time to read the attached Participant’s Information Sheet. You will sign an Informed Consent Form, after discussing it with a researcher or doctor because this is purely voluntary.

If you consent, you will be meeting us at the Carwyn James Building, within Aberystwyth University, Penglais, which is the study site. We will also be available to answer any questions regarding the study.

**Eligibility to participation:**

* If you do less than 30 minutes of physical activity per day (e.g. walking, running, cycling, or swimming).
* Absence of diseases like diabetes, hypertension, cardiovascular diseases, obesity, or chronic respiratory problems
* Those over 18 years of age.
* The absence of haemophilia or any blood condition which would make giving blood a risk.
* If you can walk
* Ability to lift light weights using both arms
* Ability to read and write

If you are eligible kindly reach out to any of the under-listed team members.

1. Dr. Olugbenga Odukanmi; email- [oao24@aber.ac.uk](mailto:oao24@aber.ac.uk) or Mobile Number - 07917370342
2. Dr. Federico Povina Villagra, [fev1@aber.ac.uk](mailto:fev1@aber.ac.uk)

On behalf of our research team, many thanks indeed

Yours sincerely,

The TRAIN Study Team