



Have you ever wondered how fast you could metabolize caffeine? Or just how much oxygen you could use during exercise? Or how your immune system can change with exercise?

While these questions may seem unrelated, they are all things you can learn about by participating in my research study. I am a postgraduate student at the University of Kent and I am researching whether genetics influences the immune system's response to caffeine supplemented exercise.

The research study will involve 4 visits to the Chipperfield Building at the University of Kent with each visit lasting approximately 1.5 hours for the familiarization visit and 2.5 hours for experimental visits. You will be asked to perform an interval aerobic exercise on a treadmill lasting 30 minutes.

[I am looking for participants who are:](#)

- [Between the ages of 18-45](#)
- [Physically active and able to run/walk for 30 minutes](#)
- [Have no adverse reaction to caffeine](#)
- [No bacterial or viral infections in the last month](#)
- [Not currently taking part in another study](#)

If you would be willing to participate in my research or have any further questions, please feel free to reach out to me.

Yours sincerely,

Lauren "Ren" D'Empaire

School of Sport and Exercise Sciences

University of Kent

Email: ld498@kent.ac.uk