

Online Recruitment Notice

Title: **“Looking for Professional or Competitive Red River Jiggers and Square Dancers”**

Health Benefits of Professional or Competitive Red River Jigging or Square Dancing

Researchers from the University of Saskatchewan in collaboration with Red River Jigging and Square Dancing instructors are conducting a study about the health benefits of Professional or Competitive Red River Jigging or Square Dancing.

You are invited to be a participant in the study if you:

1. 18 years and older
2. Are active in Red River Jigging competitions or Square Dance groups that perform professionally
3. Who have not been diagnosed with diabetes or heart disease (heart attack, stroke, bypass surgery, angina, etc.) by their physician
4. Are not pregnant.
5. Are cleared for unrestricted physical activity

The study involves attending 7 health assessment sessions at the University of Saskatchewan: 5 health and fitness assessments at 5 time-points throughout the course of a year, and 2 muscle and bone assessments at the beginning and end of the study. The health and fitness assessments will require visits to Merlis Belsher Place (2-3 hours each, 5 visits total). The muscle and bone assessments will require visits to the Physical Activity Complex (40-60 min each, 2 total). The health and fitness assessments involve physical fitness testing, including a maximal treadmill test, and assessments of your grip strength, jump height, flexibility and balance, answering questions about your health experiences and behaviours, an optional finger sample blood test of your cholesterol and blood sugar, an optional urine sample of proteins assessing your diabetes risk, measurements of your heart rate and blood pressure to assess the health of your blood vessels, and measures of your height, weight and waist circumference. The muscle and bone assessments include measures of your bone density, muscle quality, muscle mass and body composition.

Your participation will take about 12-17 hours over the 7 total visits, and you will receive compensation in appreciation of your time.

If you are interested and would like some further information, please feel free to contact the principal investigator Dr. Heather Foulds, research assistants Jamie LaFleur or Samantha Moore, at the University of Saskatchewan (jigging.study@usask.ca; 306-966-1067).