

**Appendix C:**  
**Online Recruitment Notice**

Title: “**Looking for Red River Jiggers**”

**Cardiovascular Fitness of Red River Jigging**

Researchers from the University of Saskatchewan along with Mr. Scott Duffee, (Métis Cultural Consultant and Jigging Instructor), in collaboration with members of Li Toneur Niimiyitoohk Métis Dance Group, are conducting a study about physical fitness requirements and exercise intensity of Métis Red River Jigging.

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

1. Between the ages of 18 and 50
2. Who have not been diagnosed with diabetes or heart disease (heart attack, stroke, bypass surgery, angina, etc.) by their physician
3. Are not pregnant.
4. Can dance the “Double Step”
5. Are able to perform at least 8 changes of the Red River Jig

The study involves attending 2 sessions at the University of Saskatchewan Merlis Belsher Place or Physical Activity Complex estimated to take 1-2 hours per session. The first session involves physical fitness testing, including a progressive fitness test to your maximum effort. The second session, involves dancing the Red River Jig for as many changes as you can (8-30 changes, up to 10 minutes).

Your participation will take about 2-4 hours over the 2 visits and you will receive an honorarium of \$50 for each visit (\$100 total) for participating in the study.

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 and Samantha Moore, or student researchers Shara Johnson, Inioluwa Olaleye and Sohrina Sidhu at the University of Saskatchewan ([jigging.study@usask.ca](mailto:jigging.study@usask.ca); 306-966-1067).