



Participants Needed for Research

Who can participate?

Adults aged 20 - 45 with obesity (body mass index 30 - 40 kg/m²)

What is the project about?

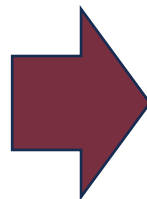
The potential health benefits of respiratory training (at-home training for 8 weeks - only 5 minutes/day)



Where will studies occur?

CAP Laboratory (PI: Joseph Watso, PhD)
Room 1101
William B. Johnston Bldg.
143 Honors Way
Tallahassee, FL 32306

**Scan (or click photo)
to complete the
recruitment survey**



This research provides \$650 to participants after study completion.