



uOttawa

# Pregnant?

We are looking for healthy volunteers to participate in a study examining the effect of **physical activity** on the **PLACENTA**

## Participation details:

- One visit at the University of Ottawa (maximum 3 hours).
- A walking treadmill session (maximum 60 minutes).
- Two blood draws.

## Selection Criteria:

- 18 – 40 years old
- Currently in second trimester of pregnancy
- Able to communicate in either French or English
- Carrying a singleton fetus
- Normal weight or overweight prior to pregnancy
- Weight-stable for at least 6 months prior to conception ( $\pm$  5kg)
- No contraindication to exercise



## Exclusion Criteria:

- Habitual consumer of drugs, alcohol or tobacco
- Pre-pregnancy diabetes or gestational diabetes
- Untreated thyroid disease
- Hypertension

*The ethical aspects of this study have been reviewed and approved by the Research Ethics Boards at the University of Ottawa.*

For more information on this project please contact:

**Kelly Ann Hutchinson MSc (c)** [khutc017@uottawa.ca](mailto:khutc017@uottawa.ca) or 613.562.5800 ext. 1012