**Female adults between 18-30 years old wanted for a research study!**

**Why?** To help the NeuroFit Lab learn more about how intermittent fasting may improve stress levels and mental health.

**What?** 8-week study on two different intermittent fasting diets or maintaining your regular lifestyle habits. Sessions include cognitive testing, mental health surveys, DEXA scans for body composition, and blood draws. No prior experience e necessary.

**How?** To learn more about the study and eligibility, scan the QR code or email: neurofit.fast@gmail.com

**You will be provided compensation in the form of a gift card for your participation in this research study. This study has been reviewed by the Hamilton Research Ethics Board under project #14969.**

NeuroFit Lab: Healthy for Life, McMaster University, Version #1 – Version Date: September 20, 2022