

Take a Stand!

Learn about Sitting & Brain Health

Undergraduate Research Opportunity Physical Activity and Neurocognitive Health (PNC) Lab

Starting Summer or Fall 2023 (minimum 2 semesters)

Open to students across Campus

Skills You Can Gain

Research Skills

- **Data collection**
 - ✓ deliver a [SITLess](#) intervention
 - ✓ process blood samples
 - ✓ measure blood pressure
 - ✓ DXA (a body scan)
 - ✓ EEG
 - ✓ maximal exercise test
 - ... and more!
- Data processing

Our Alumni Pursue Graduate Degrees in:

- **Medicine** (University of Illinois Chicago)
- **Computer Science**
(University of Illinois Urbana-Champaign)
- **Clinical Research Associate** at IQUIVIA
- **Physical Therapy** (University of Illinois Chicago, Northwestern University)
- **Occupational Therapy**
(University of Illinois Chicago)

And careers in pharma and healthcare industries

Transferable Skills: • Team work • Communication • Problem solving • Time management

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Questions? Email Dr. Pindus: pindus@illinois.edu