

# Would you like to participate in a research study at Walter Reed Army Medical Center?

Military healthcare beneficiaries age 18-59 years old may be eligible

## EXERCISE CHALLENGE

### What is required?

You must be available for the following tests over a 48-hour period:

- 20 minute exercise challenge
- Serial blood and saliva collection  
(total blood collection of ~8 tbsp)

We will also obtain your medical history and you will be asked to keep a symptom diary for 48 hours.

### **VOLUNTEERS WILL BE COMPENSATED**

For more information, please contact:

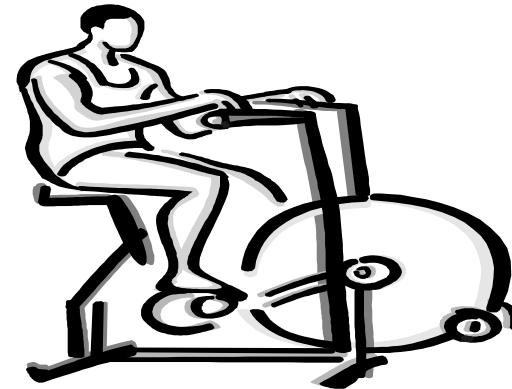
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### Are you a *HEALTHY*\* adult?

We are exploring the effects of exercise on biological markers in the blood and saliva of individuals who experienced the onset of severe, disabling chronic fatigue within 45 days following vaccination as well as those who did not.

\* Health status is measured by the ability to pass military physical fitness tests every 6 months within the past year. To participate as a healthy control, you should not have any chronic disease. For more details, please contact the Clinical Research Nurse.

Principal Investigator:

Dr. Renata Engler

Vaccine Healthcare Centers (VHC) Network  
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\*\* You will not receive any benefits from this study other than helping to understand why some individuals may experience symptoms of chronic fatigue after vaccination.