



## Genetics & Exercise Microbiome Study



The gut microbiome is a diverse ecosystem of bacteria, fungi, yeast and viruses living in our digestive system

We aim to investigate how endurance or power activities can affect the type and number of bacteria that live in our gut



We are looking to recruit athletes and their less active siblings to take part in our study

We will also compare the gut bacteria from people of different ethnicities specially people from Afro-Caribbean backgrounds



Adult art workshops are being held over the summer in Nottingham to encourage involvement with the study

Interested in participating in the study or art workshops? Contact us via email, social media, or scan the QR code



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