

Take a Stand!

Learn about Sitting & Brain Health

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

Starting Spring or Summer 2025 (minimum 2 semesters)

Open to students across Campus

Skills You Gain

Research Skills

- **Data collection**
 - ✓ deliver a [HIIT2SITLess](#) intervention
 - ✓ maximal exercise test
 - ✓ accelerometers
 - ✓ process blood samples
 - ✓ EEG ... and more!
- Data processing

Our Alumni Pursue Graduate Degrees in

- **Physical Therapy** (University of Illinois Chicago, Midwestern University)
- **Occupational Therapy** (University of Illinois Chicago)
- **Medicine** (University of Illinois Chicago)
- **Computer Science** (University of Illinois Urbana-Champaign)

And careers in healthcare and pharma industries

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

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