



**Northumbria
University**
NEWCASTLE

Are you interested in Sports and Exercise?



Are you interested in how your thinking affects your exercise behaviour in sports and exercise?

Are you interested in learning more about yourself and how you can get better in sports and physical activities?

This is your chance!

We would like to invite you to participate in two studies!

Study 1: You will answer a questionnaire on how you think you will perform before and after a walking and a cycling trial.

Study 2: You will answer some questionnaires to learn more about yourself.

You already won by joining!

Interested? E-mail us!

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