

RESOURCES FOR CONTROL PARTICIPANTS

Here are a few resources on IBS you may find helpful.

General Information on IBS:

<https://cdhf.ca/digestive-disorders/irritable-bowel-syndrome-ibs/>
<https://aboutibs.org/>

IBS Patient Support Group:

<https://www.ibspatient.org/>

Physical Activity Information:

<https://www.who.int/news-room/fact-sheets/detail/physical-activity>

We hope you found this information helpful.

Should have any questions about this study, please contact us.

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