INTERESTED IN AGING MORE SUCCESSFULLY?

Participants needed for a research study on aging

Seeking: healthy, non-smoking males and females, 60-80 years of age, for a study about how to maintain muscle quality with age.

You will complete heart and blood screening prior to being included in the study.

Study participation will involve 4 weeks of a dietary intervention with a muscle sample and blood sample taken before and after. Training and testing will take place at the Dept. of Health and Exercise Science and Food Science and Human Nutrition at Colorado State University.

Completion of the study will lead to information on how to prevent decreases in muscle mass and function in older individuals.

If you think you might be interested, please contact the TRACD laboratory (http://tracd.colostate.edu); Tel. 970-491-7913), or Dr. Benjamin Miller (benjamin.f.miller@colostate.edu; 970-491-3291)