Over 65’s Wanted for Bed-Rest Study

Purpose: To understand the cause of muscle loss during short-term bed rest in the over 65’s, and the effects of exercise therapy

We are seeking
Males aged between 65-80 years of age
Generally healthy, non-obese, non-smokers

Study Procedures
- Resistance exercise training and strength testing
- 5 days of bed-rest in our clinical hospital facility
- Assessments of muscle size and metabolism

Please contact
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You will be recompensed for your participation

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