

# Participants



## Muscle mass, quality, and the menopause

8 week(s) to complete

Cash

Experiment

Lenton, Nottingham NG7 2UH,  
UK

University of Nottingham

Sarcopenia describes the progressive decline of muscle mass and strength with advancing age and is associated with increased frailty and morbidity, and evidence suggests it develops earlier in women compared to men. The earlier development of sarcopenia in women appears to coincide with the menopause. Exercise is known to increase muscle mass, but this response reduces with aging. In this study we will examine the effect of menopausal status and exercise on muscle mass, strength, and fat mass.

Find out more online

Poster printed on 01/07/2025

Study expires on 01/11/2025

## More info

by scanning the QR code  
or visiting the URL

# [www.cfp.cc/70Q0E3](http://www.cfp.cc/70Q0E3)

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