

Call For Participants



The impact of two weeks of reduced physical activity on muscle in over 65's

8 week(s) to complete

Sincere Gratitude and 3-Month Gym Membership

Experiment

United Kingdom

University of Bath

We are looking for healthy, non-smoking male volunteers aged 65-80 years in the Bath area to participate in research to explore the effects of reducing daily physical activity for two weeks, and help understand how exercise might contribute to healthy ageing.

All participants will be asked to reduce the number of steps they walk to the 1,500-a-day for 14 days using a step-counter, and undertake one-to-one supervised exercise training sessions at

Find out more online

Poster printed on 05/05/2024

Study expires on 30/09/2017

More info

by scanning the QR code
or visiting the URL

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