WOULD YOU LIKE TO BE IN STUDY THAT LOOKS AT THE BEST WAY TO REDUCE YOUR BODY FAT AND INCREASE YOUR MUSCLE MASS?

YOU MUST BE 60 YEARS OF AGE OR OLDER, FEEL THAT YOU ARE OVERWEIGHT AND NOT HAVE LIFTED WEIGHTS ON A REGULAR BASIS IN THE PAST YEAR

STUDY TITLE:
The comparative impacts of hypertrophy and high-speed circuit training protocols on body composition functional performance, and metabolic status in older persons with sarcopenic obesity

STUDY PARTICIPATION INCLUDES:
- PERFORMING STRENGTH, PHYSICAL FUNCTION AND BODY COMPOSITION TESTS AND ALLOWING TWO BLOOD DRAWS FROM YOUR ARM
- PERFORMING A WEIGHT-TRAINING PROGRAM
- A MAXIMUM OF 38 1 TO 1.5 HOUR VISITS TO THE UM CORAL GABLES CAMPUS

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