



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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