

Research Participants Wanted

Benefits:

- General health screening
- Body composition analysis
- Aerobic fitness testing
- Monetary compensation of \$80 for completion of study

Purpose: To understand the role of aerobic fitness level on the age-related decline in vascular function of women compared to men.

When and Where?

- 4 visits to Noll Laboratory and the General Clinical Research Center at Penn State University (approximately 2 hours each visit)

FOR MORE INFORMATION

CONTACT:

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Research being performed by
Vascular Aging and Exercise
Laboratory
Department of Kinesiology,
Penn State University



Eligibility Criteria:

- Women and men ages 21-30 or 60-80 years
- Sedentary to active lifestyle
- Nonsmokers
- Not obese (BMI<30)
- No prior history of cardiovascular disease or diabetes
- Not taking medications for heart/blood pressure/cholesterol
- Not taking hormone replacement therapy
- Not pregnant
- No major musculo-skeletal impairments of the legs