



Participants Wanted for Exercise Study



Purpose: We are investigating how lifelong exercise preserves the capacity to build muscle in master athletes compared with non-exercising young and older individuals.

We are seeking:

- Men aged 18 - 35 years
- Men aged 60 - 80 years
- Master Athletes (endurance and power-lifters, over 60 years of age, training at least 2 x per week for 20 years or more)
- Healthy, non-diabetic, non-smokers only



You will undergo:

- 4 testing visits at the School of Sport, Exercise & Rehabilitation Sciences at the University of Birmingham
- School of Sport, Exercise and Rehabilitation Sciences
- Detailed assessment of body composition (amount of fat and muscle)
- Muscle biopsies to determine rates of muscle protein synthesis

You will receive remuneration for participation

For more information, please contact James McKendry:
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