

## **Adults 60+ Needed for Needed for Supplementation and Exercise Study!**

Men and women age 65 years and over are wanted for participation in a research study examining the effects of protein supplementation and high-velocity resistance exercise (HVRT) on muscle mass. All participants need to be in good health with no known cognitive impairment, uncontrolled high blood pressure, or a history of falls. If you qualify, you will be randomly assigned to one of four groups: control group, protein supplementation only group, HVRT only group, or protein supplementation combined with HVRT.

Resistance training will take place for six months. You will be asked to attend three, supervised training sessions per week. Before and after the training program, you will be asked to complete a battery of tests including: body composition (fat and muscle mass), blood draw, muscular strength, and muscular power. Testing will take place in the Exercise Science Research Center.

For details, please email Ashley Binns, [binns@email.uark.edu](mailto:binns@email.uark.edu), or call/text 210-216-3719.

This research project has been approved by the University of Arkansas Institutional Review Board.