

Vitamin D, Strength and Muscle Health Research Study

Researchers at the University of Kentucky are examining how vitamin D status is related to physical function, muscle strength, and muscle health. All research procedures will take place on the UK Campus (UK Hospital, Magnetic Resonance Imaging and Spectroscopy Core Facility, and the College of Health Sciences).

You may be eligible for this research study if you:



- are between the ages of 65 and 85 years old;
- have normal or controlled blood pressure;
- do not have any diseases or movement disorders that would prevent you from performing weight lifting exercises;
- are not obese;
- have not been involved in weight lifting exercises within the past 3 months.

For more information, please contact:

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