

Research Study on Muscle Strength and Body Composition Changes Throughout Life



Researchers at the University of Kentucky are inviting you or your child to participate in a research study to help determine if there is a relationship between the amount of muscle you have and body makeup, strength, and balance throughout life. The purpose of this study is to determine the age differences and sex differences in the relationship between leg strength and muscle mass. A secondary purpose of the study is to determine the age differences and sex differences in the relationship between bone content and bone density measures and the amount of muscle.

You may be eligible to participate if:

- your child is 7 to 11 years of age;
- you are 18 to 75 years of age;
- you have normal blood pressure;
- you do not have any known diseases or movement disorders that would prevent you from performing weight lifting; and
- you are not obese.

The contact person for the study is Brock Symons,
859-257-1450 x 80198 or t.b.symons@uky.edu.

Research Locations:

Neuromuscular Laboratory:
Graduate Center for Gerontology,
306 Charles T. Wethington Building

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