

VOLUNTEERS NEEDED!

The Canadian Centre for Activity and Aging is conducting a research project investigating the effects of resistance training on cardiovascular fitness. We are looking for healthy young (ages 18-40) and older (ages 60-85) males who do not participate in any formal resistance exercise training program.

We are looking for volunteers who meet the following criteria:

- Non-smoker with no previously diagnosed respiratory, cardiovascular, metabolic or neurological disease
- Not taking prescribed medication that can affect the cardiovascular system

The study will require you to attend 8 testing sessions at UWO in which we will be collecting data on your cardiovascular fitness and responses to exercise. All procedures are non-invasive.

If you are interested in participating or would like further information on the study, please contact Kaitlin via Email kmclay@uwo.ca or call (519)661-1646.