Researchers at the University of Kentucky are investigating how vitamin D and exercise affects your muscle health. All research will be conducted on the UK campus.

You may be eligible for this study if you:

- Are 60 years old or older
- Have no disease or movement disorder that would prevent you from performing exercise
- Do not smoke
- Are not diabetic

For more information, please contact:

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Volunteers who complete the study will be compensated for their time.