



PARTICIPANTS NEEDED

To Examine the Effects of Exercise and Space Travel

Researchers at the University of Kentucky invite you to participate in a study that explores how to adapt gold-standard aerobic and resistance exercise programs for astronauts to preserve safety and health during space exploration and when returning to Earth. Participants will use specially designed shoes and crutches to disuse their left leg while continuing their daily activities for 30 days. Half of the participants will need to do a specialized exercise program, and the other half won't.

You may be eligible to participate if you:

- Are 35-45 years old
- Regularly engage in aerobic and resistance exercises for the past 12 months

Based on the number of testing and exercise sessions completed, you can receive up to \$1,065!

**INTERESTED?
CONTACT US:**



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