



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

**Upon your completion of the study, you will be
compensated \$1,000 for your time!**

**INTERESTED?
CONTACT US:**



Lance Bollinger
lance.bollinger@uky.edu
(859)257-7904