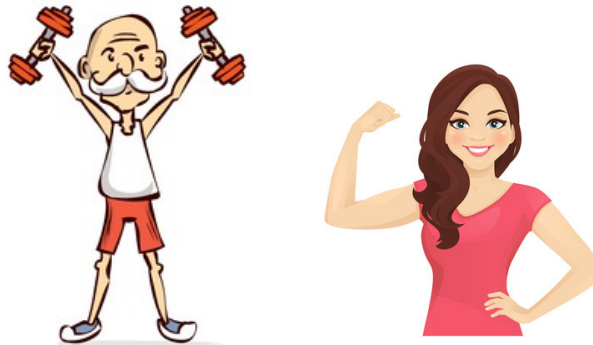


Healthy Young and Older Males and Females Needed for Research Study at UBC

Investigating Age-Related Differences in Skeletal Muscle Extracellular Matrix Breakdown Following Acute Resistance Exercise



We are recruiting, healthy, recreationally active **males and females, ages 19-30 and 65-85**, for a study assessing age-related differences in skeletal muscle's response to resistance exercise.

You will participate in a resistance training session and you will be compensated for your time.

The study will involve:

- 1 telephone visit & 3 lab visits - total time commitment = 11 hours
- Maximal fitness testing
- 1 bout of resistance exercise
- 3 muscle biopsies and 3 blood draws

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