

UNC Muscle Quality and Aging Study

What is the project?

We are conducting a study that is examining how the quality of your muscles influences how your muscles change size when they contract and how this may influence how fast you walk.

What are the study details?

- Perform a strength, maximum walking speed, and body composition assessment.
- Have the size, quality, and stiffness of your thigh muscles and grip strength examined.
- Testing will take place on two separate visits in the Neuromuscular Research Laboratory at UNC-Chapel Hill
 - Visit 1 = 90-120 min; Visit 2 = 45 min
 - Testing will be separated by 6-10 days at the same time of day (± 2 hrs). Free parking provided.

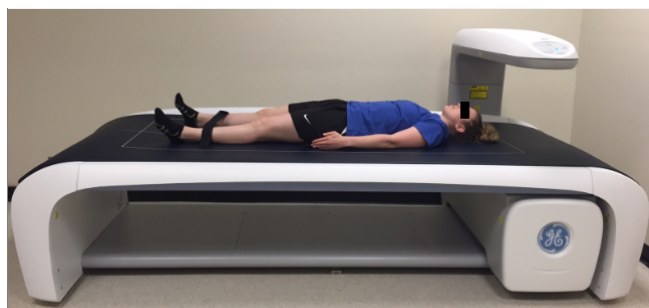
Who can participate?

- Males between the ages 65-74 with a BMI between 20-24.9 or ≥ 30
- Have not had a lower limb injury within the previous 3 months.
- Do not have a neuromuscular or metabolic disease (e.g. diabetes)
- Do not experience peripheral neuropathy
- Has not gained or lost 20 or more pounds in the previous 2 months
- Exercise ≤ 3 hours per week

$$\text{BMI Calculation} \\ [\text{Weight (lbs)} \div \text{Height}^2 \text{ (in)}] \times 703$$

What do the participants get?

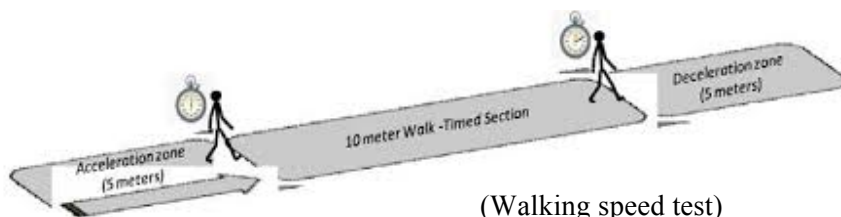
- \$60 compensation upon completion
- Free health and fitness results



(DEXA- body composition)



(Strength testing)



(Walking speed test)

Contact Info:

Hayden Giuliani, BS, ATC, CSCS
haydeng@live.unc.edu
919-843-2014