

## **VOLUNTEERS NEEDED FOR RESEARCH STUDY**

### **“Blood Flow Restricted Exercise and Protein Supplementation to Rapidly Improve Muscular Health”**

We are conducting research to find out if a protein supplement combined with low-intensity blood flow restricted exercise improves muscular health and body composition in astronaut aged people.

Seeking:

Healthy, non-smoking males and females aged 40 to 60 years\*

You will be asked to:

- 1) Complete several health related questionnaires.
- 2) Complete two bone mineral density scans and several of exercise tests to examine muscle function.
- 3) Complete 2 weeks of familiarization to blood flow restriction (BFR) and 4 weeks of BFR exercise.
- 4) A dietary recall questionnaire.

*Participants will receive payment of \$100.00 upon completion of all study testing!*

*\*subjects are ineligible if currently using tobacco; pregnant; or have condition that would impact muscle health or ability to exercise.*

This research is conducted under the direction of Dr. Kyle Hackney, Department of Health, Nutrition and Exercise Sciences, along with colleagues Kara Trautman and Dr. Sherri Stastny. Support for this project was provided by the NASA EPSCoR Research Infrastructure Development Program and has been reviewed and approved by the NDSU Institutional Review (HE18246).

**If interested, please contact Kara Trautman at [kara.stone@ndsu.edu](mailto:kara.stone@ndsu.edu) or 701-231-8513.**