

VOLUNTEERS NEEDED FOR RESEARCH STUDY

“The influence of animal-based protein on ability to perform functional activities, muscle quality and bone mineral density among females”

We are conducting research to find out if certain proteins in foods or supplements have an **impact on muscular health that can impact ability to complete everyday activities such as walking and stair climbing.**



Seeking:

- Healthy, non-smoking females aged 45 to 80 years*
- Participants must include meat as part of a balanced diet.

You will be asked to:

- 1) Complete several health related questionnaires.
- 2) Complete ultrasound imaging, plus muscle strength, bone scan and exercise tests.
- 3) Record food and beverage intake for 3 days.
- 4) Track physical activity for 7 days via accelerometer.

Participants will receive payment of \$200 upon completion of all study testing!

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

This research is conducted under the direction of Dr. Sherri Stastny, Department of Health, Nutrition and Exercise Sciences, along with colleagues Dr. Kyle Hackney. Support for this project was provided by the ND Beef Commission and has been reviewed and approved by the NDSU Institutional Review Board#HE18010. If interested, please contact Dr. Stastny at [701 231 7479](tel:7012317479)

DEPARTMENT OF HEALTH, NUTRITION, AND EXERCISE SCIENCES

NDSU Dept 2620 | PO Box 6050 | Fargo ND 58108-6050 | 701.231.7474 | Fax 701.231.8872 | www.ndsu.edu/hnes

[illegible]