



What is your biological age?

Comparing the health of your cells to your age in years

REQUEST FOR RESEARCH PARTICIPANTS

Who is conducting the study and what is it about?

Researchers from the Health and Exercise Science Department at Colorado State University are recruiting participants for a study to explore the relationships between cellular stress, expression of certain genes, and how we age.

Who can join this study?

You can participate in this study if:

- 1) you are between the ages of **18-35** or **60-85** years, **AND**
- 2) you exercise less than or equal to 2 days per week (both age groups), **OR**
- 3) you are aged **60-85** and exercise 5 or more days per week, greater than or equal to 45 minutes per session.

What will I be asked to do?

You will be asked to complete surveys about your health, complete cognitive and physical function tests, and provide a blood sample. The total time commitment is ~2 hours and you will be compensated \$50.

Why should I join this study?

We will be measuring your biological age (the functional age of your cells rather than your age in years), and will provide you with that information. You will also be helping to advance research on healthy aging and exercise.

How do I join this study?

If you want to join this study, please email the study coordinator at:

meghan.elizabeth.smith@colostate.edu

or the principal investigator, Dr. Tom LaRocca at **tom.larocca@colostate.edu**