



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.

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.

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.

Who can join this study?

You can participate in this study if:

- 1) you are over the age of 18 years and;
- 2) you are free of chronic disease or illness

How do I join this study?

If you want to join this study, please email the study coordinator at:
healthspanbiologylab@colostate.edu

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