



## VOLUNTEERS NEEDED!!

Want to be involved in world-class leading sports science research?



We are looking for volunteers to participate in our study investigating the effects of insulin resistance on the elderly in comparison to younger subjects.

This research is led by a world-class research team from the Research Institute for Sport & Exercise Sciences (RISES) at Liverpool John Moores University.

Participants will gain an insight into how **insulin resistance** can affect **health and exercise performance**.

### Requirements

We are looking for subjects who fall within the following criteria :-

- Must be aged **60 years old or above**
- Must be non-smokers, free of diabetes, cardiovascular disease, hypertension and not taking any medications known to influence glucose or fat metabolism e.g. statins.
- Must be involved in some form of regular exercise training **at least 3 times per week**.

### Potential Benefits

- Assessment of aerobic capacity, which could be used for any future training
- Indicate whether you are insulin resistant and give advice on interventions used to alleviate the condition.

### Contact Details

If you are interested in participating in this study or require any further information then feel free to contact us:-

Investigator: [James Malone](#)

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