



Research Volunteers Wanted!



Are you interested in learning more about your physical fitness, muscle quality, and strength?

Participants are needed for a study to compare muscular strength and quality in healthy individuals to those who have had a stroke. Participants will undergo testing to determine baseline fitness measures.

Who may be eligible?

- ✓ Men and women over the age of 30
- ✓ Veterans and non-Veterans
- ✓ Individuals without a history of stroke

What does the study involve?

- ✓ Strength and Fitness testing
- ✓ Body Composition measures
- ✓ Muscle sampling

Are there benefits to participation?

Although we cannot guarantee benefits, you may...

- ✓ Gain a better understanding of your fitness level and ways to maintain and improve strength. Small amount \$ for participation.



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For more information please contact (410) 605-7000 x54321 and reference "REPS"