

BE PART OF A NATIONAL MOVEMENT TO DISCOVER EXERCISE!

WE ARE WORKING TO LEARN HOW EXERCISE IMPROVES HEALTH AND WE NEED YOUR HELP!



The MoTrPAC study measures the changes that occur during and after exercise. This will help researchers learn how exercise improves health.

We are looking for volunteers who:

- Are women 60 years of age or older.
- Have been cycling or weight lifting on a regular basis for more than a year.
- Have no history of diabetes or heart disease.
- Would like to have the opportunity to participate in human performance testing and have study-related health exams at Duke University Medical Center.

*** VOLUNTEERS WILL BE COMPENSATED FOR THEIR PARTICIPATION ***

**For more information, please contact the study team at
Duke University Medical Center**



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CALL 919-681-9000, Press 4

EMAIL MoTrPAC@duke.edu

VISIT <https://www.motrpac.org/join>