



EXERCISE AND FOOD CHOICE STUDY

PARTICIPANTS NEEDED

The Department of Gerontology at UNO is seeking participants for a research study. The purpose of this study is to better understand the relationship between exercise and food choices.



WHO?

- Adults 65-75 years old
- Good overall health
- Non-smoking & healthy, stable weight
- Ability to bike for 45 minutes



WHAT?

- 1 Zoom Session
- 3 Lab Visits (Omaha) including:
 - 2 overnight fasts
 - 2 supervised exercise sessions
 - Providing blood samples



WHY?

- Free food provided
- Explanations of fitness and body fat given
- *Compensation Available*

Interested?

For more information, visit gerontology.unomaha.edu/eatfc

To complete a screening survey, please visit <https://tinyurl.com/FFHatUNO>

Contact SARAHA at shubner@unomaha.edu