

Recruiting 65+ Year Old Volunteers for a Physical Activity Study



A research team in UCD School of Public Health, Physiotherapy and Sports Science are looking into the effect of various types of exercise and training on physical and cognitive function in older Adults.

Who We Are Looking For:

Men and women over the age of 65 years with no physical impairment/injury.

Benefits of Taking Part:

- Measurement of bone density and skeletal muscle mass through DEXA scan
- Potential increase in physical fitness and cognitive function
- Improve overall health, through exercise in a friendly, comfortable environment with people your own age
- Assessment and feedback of your dietary habits

For More Information, Please Contact:

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