

Research participants needed!

Recruiting older individuals for a new research study

to understand the effect of dietary protein intake on body composition and muscle protein turnover during a 4-week period of energy restriction and exercise in older adults with obesity

Who can participate?

- Men or women aged **65-80** years BMI
- BMI **28** kg/m² or above (weight/height²)
- Healthy and non-smoker
- Weight stable (less than 2 kg weight change in the past 6 months)



What is involved?

- **35-day** diet and exercise programme (21-day provided diet)
- Supervised training **3 times/wk** at University of Birmingham
- Body composition assessment via DXA
- Blood, muscle, saliva, and urine sampling

What are the benefits?

- Learn about your body composition, strength, fitness, and metabolic health profile (results available after the study)
- Individualised diet and supervised exercise programme
- Compensated up to **£100** for your participation

If interested, please contact: Archie Belfield via email: REPOWER@contacts.bham.ac.uk or telephone: 0795 5952133

