

Research Participants Needed!

Postmenopausal women (40 - 80 years old) are needed for exercise-cardiovascular disease risk factors study in the Integrative Physiology Laboratory of the Health & Kinesiology department at Lamar University.

Participants MUST qualify the following criteria:

1. Non-smokers (at least past 6 months)
2. Non-exercisers (physical activity < 2 days/week)
3. No medications for cardiovascular disease, diabetes, or high cholesterol.

The purpose of this study is to investigate the effects of a single bout of aerobic exercise on cardiovascular disease risk factors by measuring blood lipids and lipoproteins.

All participants will receive the following benefits at the end of study;

1. **FREE** lipids and lipoproteins analysis including triglyceride, HDL- good cholesterol, LDL – bad cholesterol, and total cholesterol.
2. **FREE** Diabetes Assessment
2. **FREE** Fitness Assessment
3. **FREE** Nutritional Assessment
4. **FREE** Body Composition Assessment including Fat, %FAT, and Muscles

For more information, email us at ykoh@lamar.edu.

If you could pass this information on to your friends who may be interested in, it would be greatly appreciated.