Participate in an Exercise Study

The Human Performance Clinical/Research Laboratory in the Department of Health and Exercise Science at the Colorado State University is seeking volunteers to participate in studies investigating the ability of high intensity exercise training to improve balance and stamina.

Volunteers should be healthy, non-smokers and aged 18-30 years, or 65-80 years.

Benefits for study volunteers include: measures of body composition (including whole-body bone mineral density and % body fat), an exercise stress test, and assessment of balance and stamina. **Participants will be asked to complete 3 weeks of supervised exercise training.** Financial compensation is available for time spent in the lab.

Potential risks for study volunteers: high intensity exercise may cause tiredness and muscle soreness.

For more information, please contact Dr. Christopher Bell via telephone: 970-491-3495 or email: physiology@cahs.colostate.edu