Vascular health and muscle function in older adults

You are invited to participate in a research study to evaluate blood vessel function and muscular strength at the TTU Department of Kinesiology and Sport Management.

Who Can Participate?

◊ Men and women ≥ 60 years old
◊ Body mass index < 35 kg/m²
◊ Resting systolic blood pressure < 160 mmHg

Time Commitment and Measurements

◊ 3 visits total, each lasting approximately 2 hours
◊ Measurements of arm and leg blood flow, handgrip and leg strength, blood pressure evaluation, walking performance, 24-hour blood pressure monitoring and overall cardiovascular health
◊ Body composition assessment by DEXA to measure muscle, bone and fat mass
◊ About 1 tablespoon of blood will be sampled on visit 3

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