

IT'S NEVER TOO LATE

Are you **TO DO SOMETHING** older than 55 years old, healthy and currently doing no exercise?

Are you interested in taking part in a study that explores the effects of short-term aquatic exercise on human physiological function?

Then contact us!

Sheffield Hallam University is undertaking a non-invasive, ethically-approved study, that will explore the effects of short-term aquatic exercise on the blood flow in the small veins, and how this mechanism is affected by age. We are looking for people who are currently not doing any regular exercise at all, but would like to take up aquatic exercise (swimming, aqua aerobics etc.)!

You will be asked to attend 2 test sessions (2 months apart) at the Sheffield Hallam Collegiate Crescent Campus. In these sessions, you will take part in body composition measurements, you will complete some quality of life questionnaires, as well as being tested for small vein and artery function.

Tests will last for approximately 1 ½ hours.

After your first visit, you will receive a 2 month pass to use at Ponds Forge or any other SIV Leisure Centre. We will ask that you exercise at least 2 times per week for 2 months, before returning for your second test session.

A report of your results will be provided at the end of the study.

To receive more information, please use the contact details below:

Miss Beatrice Hunt, e-mail: HeartResearchuk@shu.ac.uk, Tel.: 07970703622