University of Nottingham
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Healthy Ageing study

We need volunteers to take part in a research study on how our muscles change during ageing. We are comparing muscle size and strength in women different age groups (18-35 and 70-100).

We are asking for 1 hour of your time so we can:

- Assess your muscle strength
- Measure how much muscle you have using ultrasound

We will provide a £30 inconvenience allowance and can arrange transport if needed.

If interested please contact

Dr Eleanor Lunt

At eleanor.lunt@nottingham.ac.uk or 0115 823 0271 or 07717 810793