

VOLUNTEERS NEEDED

Exercise and Appetite Research Study

Are you aged 65-80 years and regularly participate in exercise? If so, help us understand how exercise affects appetite and how much people eat.

+ Who are we looking for?

- + Males & females
- + 65-80 years old
- + Body mass index (BMI) 20-23 kg/m²
 - You can calculate your BMI by dividing your body weight in kilograms by your height in metres squared
- + Good appetite
- + Engaging in regular exercise

+ What do you need to do?

- + Attend 2 visits at the Centre for Health Science, Inverness

+ What are the benefits?

- + Health- & diet-related feedback!

+ Interested in finding out more?

- + Email active.health@uhi.ac.uk or call 01463 279405

