

VOLUNTEERS NEEDED

Exercise and Appetite Research Study

Are you aged 65-80 years and find that your appetite is lower than it used to be? 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
- + Reduced desire to eat
- + Not engaging in regular exercise

+ What do you need to do?

- + Attend 3 visits at the Centre for Health Science, Inverness
- + Attend 4 weeks of High Life Highland exercise classes

+ What are the benefits?

- + 4 weeks of free exercise classes!
- + Health- & diet-related feedback!

+ Interested in finding out more?

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

