



UNIVERSITY
OF ABERDEEN

Volunteers Wanted

PROJECT TITLE: Fish oil and muscle function in older people

We are looking for women and men over the age of 65 years of age to participate in the above study.

The study will last for 18 weeks with exercise sessions two times a week.

We will monitor changes in markers of health and the adaptive response to exercise.

Overall we aim to determine whether fish oil consumption can enhance the health improving effects of exercise.

For further information please contact
Dr Mariasole Da Boit
Email: mariasoledaboit@abdn.ac.uk
Telephone: 01224 438051

