



**A research study
to test the effect
of weight lifted on
muscle mass,
strength &
function.**

INTERESTED IN A 20-WEEK SUPERVISED WEIGHT TRAINING PROGRAM?

You may qualify if you are:

- 65 years or older
- Not actively participating (> 1 day/week) in a weight training program.

Contact:
Exercise & Aging Lab
Anoop T. Balachandran Ph. D
Lab: 718-570-0639
Email: healthyaging@qc.cuny.edu
Fitzgerald Gym, Room 211 B
Queens College



Exercise & Aging Lab

**You will receive
compensation,
supervised training, &
an individualized
report about your
muscle mass, power
strength & physical
performance.
Free on campus
parking**



2024-0389-QC
CUNY IRB