

## Purpose of study

- To examine the effects of age and exercise training on the way the body uses blood sugar.
- To determine if your age, sex or genetic differences in genes affect how your body uses sugar after exercise training.

## Benefits of participation

- Comprehensive health evaluation:
  - physical exam
  - laboratory blood tests
  - blood pressure
  - body composition
  - electrocardiograms (EKG)
  - diabetes testing
  - exercise capacity
  - cholesterol profiles
  - bone density assessments
  - health questionnaires
  - Evaluation of physical fitness status.
- Personalized exercise sessions 3 times per week, supervised by an exercise physiologist.

**FOR MORE INFORMATION  
ABOUT THIS PROGRAM,  
PLEASE CALL THE  
RECRUITMENT HOTLINE AT**

**410-605-7179  
mention code: STX**

**OR VISIT  
<http://peppercenter.umaryland.edu>**

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The Center is a partnership of the following organizations:



# EXERCISE to Improve Your Health



University of Maryland, Baltimore  
School of Medicine  
Division of Gerontology

VA Maryland Health Care System  
Geriatric Research, Education &  
Clinical Center



**GRECC**  
The Geriatric Research Education  
Clinical Center

## Did you know:

- Approximately 65% of the population is either overweight or obese.
- More than 50% of American adults do not get enough physical activity to provide health benefits.
- Approximately 24% of the adult population is not physically active on any regular basis.
- It has been estimated that \$77 billion in annual medical cost would be saved if all inactive Americans became physically active.
- Physical activity along with healthy eating plays an important role in the prevention of obesity.
- Lifestyle programs that increase physical activity could improve the overall health of the population.

## You may qualify to participate in this study if:

- You are between the ages of 20-40 or 50-75.
- You are a **NON**-smoker.
- You do not have a history of cardiovascular disease.

The GRECC is located at the Baltimore VA Medical Center and provides a safe and effective exercise program. The staff includes registered dietitians, physicians, nurses & exercise physiologists to monitor your health, safety & provide motivational support

## Research schedule

Below is an outline of the program.

- **Screening:**
  - 2 visits ~ 3-3.5 hrs
- **Baseline Research Testing:**
  - 6 visits ~17-18 hrs over 2-3 weeks
- **Program:**
  - Exercise 3/wk for 6 months
- **Research Testing:**
  - 6 visits ~ 17 hrs over 2 weeks
- **De-training:**
  - for 2 weeks
- **Research Testing:**
  - 13 hrs over 1 week

