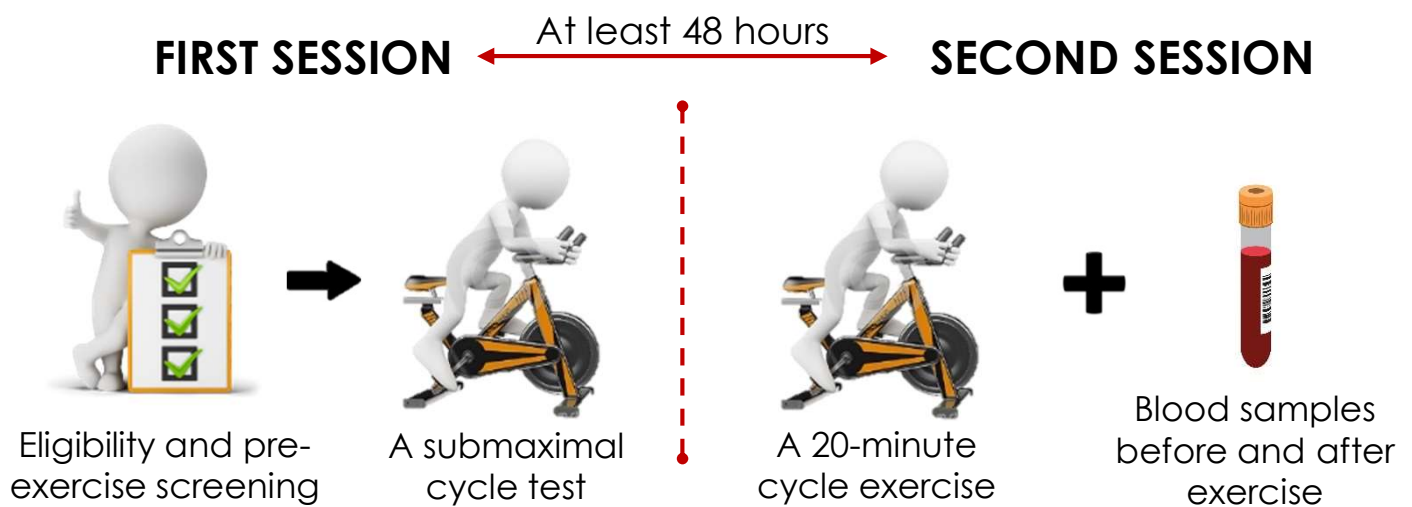


# How does exercise make you healthy?

## Come join us!

We are performing a research study aimed to profile factors released by cells in the body both before and after an acute exercise. These factors are called exosomes and are believed to be important to improve health. The findings of the study will help us further understand how exercise can release exosomes, and the interaction between physical activity and ageing.

## What you will be required to do?



## Am I eligible?

- ✓ **MALE** age between 50 – 70 years old
- ✓ No known clinical diseases (such as heart disease, those requiring a pacemaker)
- ✓ Free from lower body injury two months prior to participation

## What will you find out?

You will be given an estimation of your aerobic fitness ( $VO_2\text{max}$ ) and from this your fitness category. Individual results from the study will also be shared with participants.

**If you're interested in participating, or require more information, please contact us:**

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