Email Recruitment Text

Subject: Volunteers needed for Muscle Function & Walking Study

Hello Everyone,

The Biomechanics Laboratory in the Department of Kinesiology at the Iowa State University is inviting healthy older adults to participate in a study investigating the effect of muscle function on walking speeds.

We are looking for:
- Both sedentary and physically active, healthy men and women
- 65-80 years of age
- Can walk independently without a cane or walker
- Absence of disease, conditions, or medications that affect walking and balance

The study will involve two visits to the lab, spaced 7-14 days apart, with each lasting approximately 1.5 hours.

Compensation: $20 for two testing visits ($10 for each visit)

Contact:
If you are interested in participating or need more information, please contact Harsh Buddhadev at harshb@iastate.edu or 940-765-3375.

Sincerely,

Harsh Buddhadev
Doctoral Student
Department of Kinesiology
Iowa State University