

Milk and Bones study



Project by Dr. Philip Chilibeck

This study has been reviewed by and received ethics clearance through a University of Saskatchewan research ethics committee.

Seeking participants aged 50 or older who are not taking HRT or bone medication

We are investigating the effect of consuming different beverages (milk vs. pea-beverage vs. an almond beverage) after training sessions on bone, muscle, and strength.

Participation involves:

- 3x times weekly exercise for 1 year in our gym
- Assessments of muscle strength, balance
- Questionnaires
- Dietary assessments
- Bone mineral density scans



WANT TO LEARN MORE? PLEASE CONTACT

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