

**College of Kinesiology
University of Saskatchewan**



**PARTICIPANTS NEEDED FOR A STUDY ON THE
EFFECTS OF CONSUMING MILK, A PLANT-BASED
BEVERAGE, OR A CARBOHYDRATE BEVERAGE
AFTER RESISTANCE-TRAINING SESSIONS**

We are looking for males or females aged 12-17y currently enrolled in a resistance-training program (as part of their sport training) for 6 months.

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

You will be required to come into our lab for 1-hour measurement of body composition and strength before and after 6 months.

For more information about this study, or to volunteer for this study,
please contact:

Taylor Leonhardt

M.Sc. student supervised by Dr. Phil Chilibeck

College of Kinesiology

at

Email: tpl314@usask.ca

**This study has been approved by the University of Saskatchewan Biomedical Research
Ethics Board**



UNIVERSITY OF
SASKATCHEWAN

usask.ca