



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA

Participants needed for a research study of the effects of exercise on bone mineral density

We are conducting an exercise study to see how different types of exercise affect bone mineral density. We are assessing three different types of exercise: High intensity resistance training, moderate intensity resistance training, and low intensity posture and balance exercises.

If you are:

- age 50 or over and
- have low bone mineral density, osteopenia, or osteoporosis
- not taking osteoporosis medication

You may be eligible to participate in a 12-month exercise program.

Volunteering for this study involves:

- Evaluations of your health and physical ability
- Bone mineral density scans
- Exercise classes 2x per week for 12 months at the University of Saskatchewan

If interested in the study, please contact:

John Ko (research assistant for Dr. Phil Chilibeck, Ph.D.) in the College of Kinesiology at the University of Saskatchewan at:

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