



Participants needed for a study on the effects of consuming milk versus plant-based beverages during a resistance-training program

We are looking for postmenopausal women or men 50y and older who are not currently taking medication that affects bone.

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.

The study involves a supervised resistance-training program (3 times per week for 12 months) and baseline, 6-month, and 12-month assessments of bone, muscle, and strength.

This study is being conducted by Phil Chilibeck, Ph.D. in the College of Kinesiology, University of Saskatchewan and has been approved by the University of Saskatchewan Biomedical Research Ethics Board.

If interested, please contact:

Phone: 306-966-1305 (please leave a message) or
email: Chilibeck.research@usask.ca