**Physically active Veteran women and men needed for a research study on**

**E**xerciseMode and **B**one **B**iomarkers (**EBB**)

**To participate, you must be…**

* At least 60 years old and in generally good health
* Are used to regular exercise lasting at least 1 hour
* Not taking osteoporosis medication
* No history of Diabetes or Cardiovascular Disease

**Eligible volunteers will receive at no cost**

* Information on their VO2 max (cardiovascular fitness)
* Information on their body composition and bone density
* Physical exam and basic blood chemistries

**We want to know if…**

* The type of exercise (stationary cycling versus walking on a treadmill) impacts how certain bone markers in your blood respond to exercise.

**Study Outline:**

Screening tests include a physical exam, bone density scan, graded exercise test, and blood tests. Those who qualify will get a pre-exercise meal and will complete a 1-hour exercise session at our exercise facility on two different days. One will include a walking on a treadmill and the other will include riding a stationary bike.

Compensation will be provided for your time.

If you are interested in the EBB study

Please contact **Sarah Wherry at 303-704-8054 or sarah.wherry@va.gov**

Principal Investigator and VA Principal Investigator: **Sarah Wherry, PhD**

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