**Older Veteran women and men needed for a research study on**

**Mode of Exercise Training on the Bone Response to Exercise in Older Veterans (MoVe)**

**To participate, you must be…**

* At least 60 years old and in generally good health
* Are used to some exercise but are not regularly exercising
* Not taking osteoporosis medication
* No history of type 1 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 mode of exercise training (resistance exercise versus endurance exercise) 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 participate in a 10-week exercise intervention at our exercise facility. Participants will be randomly assigned to complete either an endurance or resistance exercise program. Blood will be collected before at after exercise at the beginning, middle, and end of the 10-week exercise period.

Compensation will be provided for your time.

If you are interested in the MoVE study

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

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