

We are seeking women and men for a research study on the **Effects of Two Exercise Programs on Bone** **Strength and Architecture**

To participate, you must be...

- A 60-75-year-old woman or man in generally good health
- Not currently exercising regularly
- No history of osteoporosis and not taking osteoporosis medication
- No active Cardiovascular Disease

We want to know...

- How two different exercise programs can affect bone mass and bone strength. Those exercise programs are:
 - A Ground Reaction Force (GRF) Program: walking, jogging, stair-climbing
 - A Joint Reaction Force (JRF) Program: weightlifting and aerobic rowing
- If men and women respond to these exercises differently

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
- A 6-month individualized exercise program

This study is funded through the Department of Veterans'
Affairs.

Compensation will be provided for your time.

If you are interested in participating in the BEST study

Please call **(720) 848-6376**

Principal Investigator: **Rebecca Boxer, MD, MS**

VA Principal Investigator: **Robert Schwartz, MD**

COMIRB #15-1451

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