



PROSPECTIVE PARTICIPANTS

Dear All,

We are looking for athletic male and females between the ages of **50 – 65** to take part in a research study investigating the influence of protein supplements on recovery after strenuous exercise.

After a 20-minute screening and familiarisation session, the study involves attending the laboratory on 3 consecutive days. On day 1 you will complete a range of measures to assess your baseline performance level before and after performing 120 squats (75 minutes approx.) You will then be asked to return to the lab on the following 2 days to assess how well you have recovered from the exercise task (15 minutes approx.)

For the two of the days you will be provided **with all of your food** and upon completion you will **receive a £20 voucher** for taking part.

PLEASE NOTE:

If you are following a special diet that excludes certain foods (e.g., vegetarian/vegan) you will not be eligible for this study. Participation is also subject to satisfactory completion of a health history questionnaire.

If you are interested in taking part please contact myself (email: E.J.Hayes2@newcastle.ac.uk) and I will send you further information. Please forward this mail to others who you feel might be interested in participating within or outside of the University.

This study has been received approval from the Ethics committee of the Faculty of Medical Sciences.

With thanks and best wishes,

Ellie Hayes