

Towson University Research Study

Strength After Sixty

Purpose: The Towson University Department of Kinesiology is conducting a study to determine the effects of modified powerlifts on bone density in older adults. Research participants must meet the following criteria:

- Over 60 years old
- Successful completion of Physical Activity Readiness Questionnaire
- Planning to enroll in the Strength After Sixty training program
- Not currently taking part in other strength training programs for at least 1 year

Testing will include:

- Quarterly visits to the research lab at Towson University (~2 hrs/visit)
- Free clinical testing for bone density (DXA), balance / fall risk, cardiovascular health and physical performance
- Comparative analysis to see where individuals rank among others in their age group

If interested, please contact:

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