



**EXERCISE & SPORT
NUTRITION LABORATORY**
TEXAS A & M UNIVERSITY

Looking for people wanting to follow a diet, supplementation & exercise program!

Men & Women Needed for a Study

Are you between 45 and 65 years of age? Do you want to start a diet, supplement, and supervised exercise program in hopes of improving your overall health? If so, you may be eligible to participate in a diet, exercise and nutritional supplement intervention study. Researchers in the Exercise & Sport Nutrition Laboratory (ESNL) at Texas A&M University are recruiting approximately 100 males and females to participate in a study titled, "Effects of exercise, diet, and creatine supplementation on cognition and health in middle-aged and older adults." This study will help determine if creatine supplementation helps to improve health, fitness, cognitive function, and quality of life in late middle-aged and older adults. Eligible participants will receive \$400 for completing the study. This study involves following a diet, participating in a supervised exercise program, body composition testing, exercise testing, cognitive testing, and blood draws. Four visits throughout about a 12-week period will be required.

For more information:

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