

Exercise Program

For Middle Aged Adults

Did you know?

Chronic physical inactivity contributes to the deaths of nearly

1 in 10 Americans



The heart naturally stiffens with age



Exercise can reduce heart stiffness



Prolonged Heart Stiffness can result in Heart Disease



Heart Disease is the #1 Killer of Americans

It is not too late to take initiative towards a healthier lifestyle!

- Seeking male and female volunteers, age 45-64
- No major health problems
- Sedentary; exercising no more than 3 times a week
- BMI less than 30

Monetary compensation available for participation!



Please Contact:

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Healing Hands. Caring Hearts.™



Study conducted by Institute for Exercise and Environmental Medicine at Texas Health Presbyterian Hospital Dallas