

How good is your strength and balance?

Volunteers needed

We are looking for volunteers aged 65+ who do not participate in more than an hour's physical activity a week, such as regular exercise or a sport.



Volunteers who take part in the study will have the chance to win up to £50 in shopping vouchers.

What is involved?

Muscle tests: looking at strength and size

Testing the mechanical properties of your muscles

Functional tests, looking at control and fitness.

Questionnaires on your lifestyle.

If you are interested or wish to find out more please call David Wilson on 02380 595908 or email D.A.Wilson@soton.ac.uk