

Re: Research Study: **Evaluating Balance & Strength of Older Adult Women in Exercise Programs**

Greetings,

Are you interested in the health benefits of exercise later in life? Are you concerned about falls and fractures that are common even in healthy older adults? At OSU, there is an exciting opportunity to be in a research study that may help identify the most effective types of exercise for reducing falls in older adults.

The objective of the study is to evaluate balance and strength in women who frequently participate in exercise programs and those who do not. We are looking for:

- Relatively *healthy women between the ages of 65 – 75*
- Participating in ONE of the following groups:
  - *Better Bones & Balance* (typically 3 classes / week)
  - *Walking for fitness* (at least 2.5 hours / week)
  - *Modest physical activity* (less than 60 minutes / week)

The study will involve approximately one hour of testing at the OSU Sports Medicine Lab. We will be measuring balance, hip muscle strength, and the ability to step rapidly in multiple directions.

If you would be interested in participating in this study, please contact **Melanie Dinger** at **541-737-6899** or [dingerm@onid.orst.edu](mailto:dingerm@onid.orst.edu). Please feel free to pass this information along to others who may be interested!

Thank you,

Sam Johnson, PhD, ATC  
Principal Investigator

Melanie Dinger  
Graduate Student Researcher