University of South Australia

Nutritional Physiology Research Centre

Postmenopausal woman who wants to get fitter?

Healthy overweight postmenopausal women aged 50-70 years who are seeking to get fitter are needed for a 12 week study to see whether consuming a unique milk product can increase the fitness benefits achieved via regular gym exercise.

We are seeking women who are active, but only exercising 2-3 days/week. We will provide a supervised exercise program, gym membership at city location and supplements.

Participants will receive a $200 honorarium on completion.

To volunteer or find out more information please contact Jasna on 8302 2809 or jasna.tepsic@unisa.edu.au.

This study has been approved by the Human Research Ethics Committee of the University of South Australia

Postmenopausal women exercise study Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au	**Postmenopausal women exercise study** Ph 8302 2809 or e-mail Jasna.tepsic@unisa.edu.au