



ARE YOU GOING THROUGH MENOPAUSE AND INTERESTED IN FREE EXERCISE TRAINING ?

We are looking for healthy women in late perimenopause to participate in a study evaluating the effects of exercise training on brain and body blood vessel function



This will Include:

- 1 Enrolment visit (45 min)
- Up to 3 baseline testing visits (1-2.5 hrs each)
- 12 weeks (3 session/week) free supervised exercise training
- Up to 3 follow up testing visits (1-2.5 hrs each)
- FREE parking will be included

*Participants must be in late perimenopause (>60 days between cycles), free of preexisting cardiovascular, respiratory, or metabolic disease and not taking any medication that affects vascular function including hormone therapy, and hormonal contraceptives.

For More Information

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