



Do you have muscle weakness?

Researchers at the University of Kentucky are conducting a study to learn more about obesity-induced muscle weakness and how this is affected by a single bout of exercise. Participants will be required to make 5 visits to the testing site on campus. Participants will be compensated \$40 upon completion of study.

You may be eligible to participate if you:

- Are a 20 - 40 year old female
- Are currently obese
- Write, speak, and understand English
- Are premenopausal
- Are not taking medications which contribute to muscle weakness
- Do NOT have symptoms or diagnosis of cardiovascular, metabolic, pulmonary disease, or osteoarthritis
- Have not had previous low back or lower extremity surgery or joint injury within the last 6 months



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For more information:

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