

ARE YOU OVER

40

YEARS OLD?



UNIVERSITY of
GREENWICH

MICROCURRENT
WITH AND WITHOUT
RESISTANCE EXERCISES

TO AGE WELL



IF YOU ARE NON-REGULARLY TRAINED PERSON OVER THE AGE OF 40, YOU CAN JOIN THIS 6-WEEK STUDY, AND BENEFIT FROM **FREE** PRE AND POST ASSESSMENTS OF YOUR:

- BODY COMPOSITION
- MUSCLE STRENGTH
- MUSCLE FUNCTION
- WHITE BLOOD CELLS COUNT

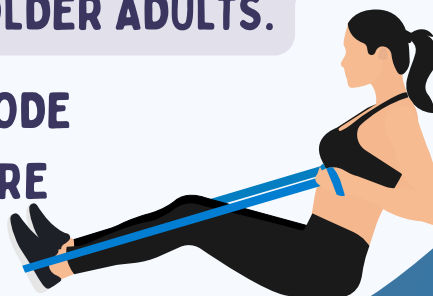


Registered as a clinical trial on ClinicalTrials.gov
[NCT05567237](https://clinicaltrials.gov/ct2/show/study/NCT05567237)

IN THIS STUDY, WE ARE EXPLORING THE EFFECTIVENESS OF MICROCURRENT WITH/WITHOUT RESISTANCE EXERCISES ON BODY COMPOSITION, MUSCLE STRENGTH, AND PHYSICAL FUNCTION IN MIDDLE-AGED AND OLDER ADULTS.



SCAN THE QR CODE
TO FIND OUT MORE



IF YOU WOULD LIKE TO TAKE PART
OR ASK A QUESTION:

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