

This is a research study that evaluates spine health in joggers. We are looking for

- thin men ages 40-60 years who have been recreational joggers for ≥ 5 years

What you'd have to do

- come to BYU to receive an accelerometer to be worn for 7 days and nights
- fill out a 24 hour food intake online
- come to BYU a second time to receive a bone density and body composition test (DXA)



Scan QR code to sign up

FREE DXA (bone density scan) FOR ELIGIBLE PARTICIPANTS

Please contact Kelsey Clark at kclark64@byu.edu if you are interested.



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