

# Exercise the **Smart** Way

University of  
South Wales  
Prifysgol  
De Cymru



## Would you like to take part in research?

The Neurovascular Research Laboratory are looking for participants to take part in exercise programmes.

## Who?

**Males** between the ages of 50-80 years who do not undertake regular exercise.

## Why?

We would like to compare the effects of high-intensity interval training with stretching and toning exercise.

## What do I need to do?

Attend the University of South Wales 3 times a week over a period of 12 weeks to complete the exercise programme.

**Interested?** Contact Professor Damian Bailey or Tom Calverley:



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## WHAT ARE THE BENEFITS?

FREE HEALTH ASSESSMENT  
OF CIRCULATION SUPPLYING  
HEART, BRAIN AND LUNGS

—  
TRAVEL EXPENSES COVERED

—  
FREE EXERCISE  
PROGRAMME

—  
FREE DIETARY ADVICE