

Research Project

VOLUNTEERS NEEDED

**Physical and Cognitive Status of People Aged 50+
With & Without Fibromyalgia (FM): A Longitudinal Study**



**Where: California State University, Fullerton
Kinesiology & Health Science (KHS) Building**

**Dates: Friday, 10/5, 10/19, 11/2, or 11/16 9am or 1pm
or Sat., 10/6, 10/20, 11/3, or 11/17 9am or 1pm**

****Call Now for an Appointment! (657) 278-7031****

(Appointments take place on **ONE DAY** and will last **approximately 2 ½ - 3 hours**)

Purpose of Study: The purpose of this study is to determine changes in the physical and mental performance of people aged 50+ with and without fibromyalgia. Secondary objectives are to determine if: (1) earlier physical activity level and current physical performance influence mental status; and (2) to determine whether factors such as physical activity and medication use impact changes in performance.

TO PARTICIPATE, YOU MUST BE:

- (1) **aged 50+ years**
- (2) community-residing and functionally independent (not using a wheelchair)

YOU CANNOT PARTICIPATE IN THE STUDY IF YOU:

- (1) have been advised by your physician **NOT** to exercise
- (2) have ever experienced congestive heart failure
- (3) currently have chest pain, dizziness, or pain in chest during exercise or
- (4) are unable to walk for 6 minutes without assistance

****RECEIVE OVER \$350 OF TESTING *plus* A PERSONALIZED REPORT****

**If you have any questions and/or would like to schedule an appointment,
please contact us at (657) 278-7031 or fmcp@fullerton.edu**