

# 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, 10/7, 10/21, 11/4, or 11/18 9am or 1pm  
*or* Sat., 10/8, 10/22, 11/5, or 11/19 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 wheel-chair bound)**

## **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](mailto:fmcp@fullerton.edu)**