The UF Institute on Aging is currently conducting research to discover how we can maintain our energy as we get older.

We're working on strategies for seniors, caregivers and future generations.

AND YOU CAN HELP!

Feel like you’re missing your groove?
The CHORES study is seeking volunteers to look at how much energy people burn when doing common activities like walking, washing dishes, doing laundry, etc.

You may qualify if you:

- Are 70 years of age or older
- Do not have serious medical conditions that would make it unsafe for you to do physical activity (like a recent heart attack or stroke)
- Are willing to attend four (4) visits to the Institute on Aging at the University of Florida. We will work with your schedule.

You’ll wonder why even everyday chores sometimes make you feel run down and out of step?

So do we...

You’ll receive compensation for your time!

Complimentary coffee and snacks!

Complimentary Parking!
+ You may be eligible for additional transportation compensation

You’ll also receive a report detailing how many calories you burn during the study!

For more information, please call 352-273-5919 or 866-386-7730