Are you interested in improving your mobility and overall health?

We are looking for people ages 65 years and older to help us evaluate if intermittent fasting maintains or improves physical function, whole body inflammation, and energy levels.

You may be eligible if you:
- Are age 65+
- Have some difficulty walking
- Do not follow a structured exercise routine or weight loss diet
- Do not have insulin-dependent diabetes

Compensation & parking provided!

For more information, please call us at 352-273-5919.

What will you have to do?
- Attend 2 visits
- Fast for 12-16 hrs a day over a 1 month period
- Record the time of first and last meal