

PIONEERS IN BIOMEDICAL RESEARCH SEMINAR

Presented by the Fralin Biomedical Research Institute and sponsored by the institute's Center for Exercise Medicine Research



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Understanding the Limits of Exercise Responsiveness in Older Adults

Exercise is a proven strategy to prolong health span in older adults. However, there is considerable heterogeneity in adaptive responses to exercise and accumulating evidence suggests that some older adults exhibit attenuated responsiveness to exercise. This presentation will focus on how healthy aging influences exercise response and the potential influence of anatomically distinct adipose tissue depots.

SEPT. 20, 2024 at 11 a.m.

Room G101 A/B, 4 Riverside Circle
Watch live via Zoom at <https://FralinBioMed.info/PBR-Join>.



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