NASA Johnson Space Center
is looking for healthy individuals to work as
TEST SUBJECTS.
We are currently recruiting volunteers to participate in a

**Nutrition and Exercise Countermeasures Study**

**Qualifications:** Healthy individuals, 20-60 years old, non-smokers, not taking any medications (including oral contraceptives), no milk protein or dairy allergies, no major health problems.

**Study Description:** Subjects will participate in a study that includes an ambulatory control period and 30 day crutch-walking period to simulate the influence of weightlessness on skeletal muscle. During the crutch walking period, participants will be assigned to either a high-load or a low-load blood flow restricted resistance exercise group and will consume chocolate milk before and after each exercise session (3x/wk). Participants will also need to be available for visits to the Exercise Physiology Laboratory for pre and post-study testing sessions.

Volunteers will receive an "Air Force Class III" physical examination at no cost and study participants will be compensated for their time (restrictions apply to NASA and NASA contractor personnel).

For more information, please contact:
The Human Test Subject Facility (7:30am - 4:00pm)
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This project has been reviewed by the University of Houston Committee for the Protection of Human Subjects (713) 743-9204.