

We are looking for 18- 85-year-old adults who are able to walk safely on a treadmill and who would be interested in dancing solo (in their usual way) while in our laboratory. No prior dance training is required to join the study.

All research study participants will receive up to \$100 for their time.

During the study, participants will be asked to:



wear an activity monitor on their wrist while engaged in their daily business as usual for nine days make three visits to the lab at **UMass Amherst** (about 6 hours in total)



Complete a small number of physical health assessments, including complete an iDXA scan resting energy expenditure and an EKG. Complete questionnaires about mental health status



provide saliva and fingernail samples;

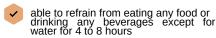


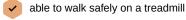
walk on a treadmill at self-selected speeds

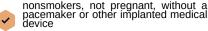


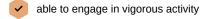
dance in the lab and describe experiences of dancing while in the lab

Participants must be adults (age 18-85) who are:











not taking medications that may impact cardiovascular responses to exercise



without a bone, joint, or soft tissue (muscle, tendon, ligament) problem that could be made worse by becoming more active



without a chronic medical condition. such as a heart condition, metabolic or renal disease