



LABSYNC

dance ∩ health ∩ science ∩ technology



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to receive an email about the research
study

Researchers from Laboratory for the Scientific Study of Dance (LAB:SYNC) at the University of Massachusetts Amherst are conducting a new research study titled "Measurement of Professional Dance Training Exposures and Health Correlates in 18 to 85-year-old adults". The research study is funded by the National Endowment for the Arts. (IRB Protocol #2070)

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 resting energy expenditure and an EKG. Complete questionnaires about mental health status



provide saliva and fingernail samples; complete an iDXA scan



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:

- ✓ able to refrain from eating any food or drinking any beverages except for water for 4 to 8 hours
- ✓ able to walk safely on a treadmill
- ✓ nonsmokers, not pregnant, without a pacemaker or other implanted medical device
- ✓ able to engage in vigorous activity
- ✓ 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



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