

RESEARCH ON THE EFFECTS OF MICROCURRENT & RESISTANCE EXERCISES

I am Dr Stefan Kolimechkov, and I would like to invite you to take part in this exciting research. Aging is associated with the involuntary loss of muscle mass & strength. After the age of 30, muscle mass decreases (around 3 to 8% per decade and even more after the age of 60), and this decline is the main cause of disability in middle-aged and older adults. In this study, we are exploring the effectiveness of microcurrent and resistance exercises on body composition, muscle strength, and physical function in middle-aged adults.

I am currently doing my second PhD in Human Sciences under the supervision of Prof. Fernando Naclerio & Prof. Ian Swaine at the University of Greenwich, London.

We are looking for non-regularly trained men and women between the ages of 40 & 65 to join this 6-week research.



You will have the option to use the device alone or with a **FREE resistance training** programme supervised by qualified sports coach.



You will also receive a **detailed report** on your diet, body composition & muscle function **FOR FREE.**

If you would like take part in this research or ask a question:

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