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Ever wondered how to optimize your athletic performance with stretching?



Healthy, Active Women <40 years old Needed For a Study on Dynamic and Static Stretching

Researchers at Baylor University in the Department of Health, Human Performance, and Recreation are recruiting 30 apparently healthy women between <40 years old who are involved upper body, athletic activity within the last year (may include sports and/or weight lifting, etc) are being recruited to participate in a study designed to evaluate the effects of static and dynamic stretching. Subjects will be required to participate in four sessions. Eligible subjects will receive free Upper Extremity strength and Range of Motion assessment and \$25 after full completion of study protocol.



For more information call:

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