

CATSLIFE NEWS



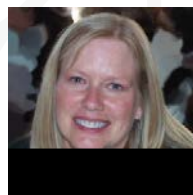
THANK YOU!

We appreciate everyone who has already participated in this study. We still need 330 more of you to participate. Please help us reach our goal by contacting us today!

IN -PERSON VISIT



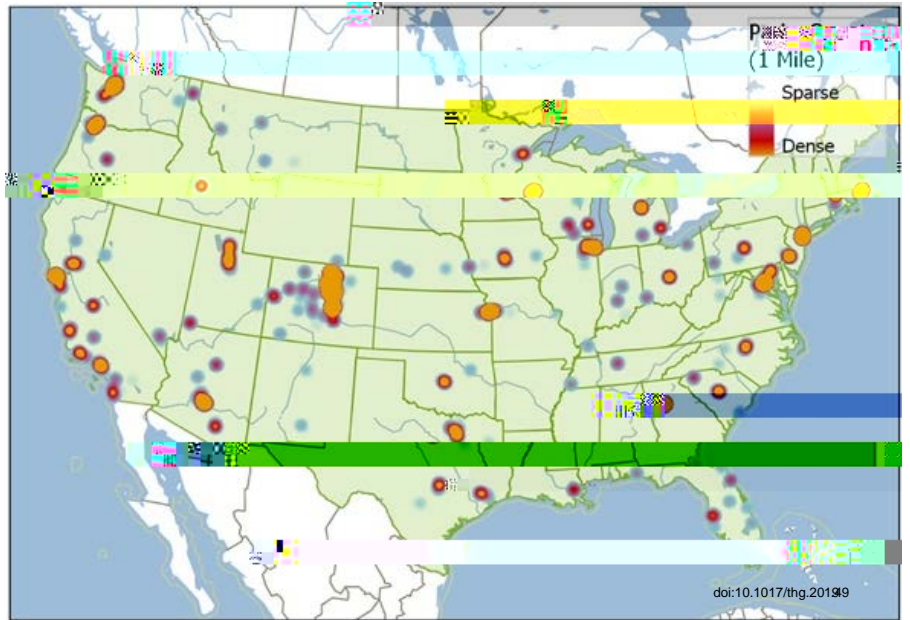
C. Reynolds
Principal Investigator



S. Wadworth
Principal Investigator

Past research has shown that access to parks is associated with physical activity. The map to the right shows how many parks are within one mile of current CATSLife participants. Can you find where you fall on the map?

You told us how activity friendly your neighborhood is. Now we are looking at how park and trail access relates to health measures like how healthy you feel, body weight, and heart rate.



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FAQ

WHY IS STUDYING AGING IMPORTANT?

The “us” today, impacts the “us” of the future. Aging is like cooking, while some ingredients may be the same (genes), each action today— activities and pursuits, life outlook,

well-being, and health habits & behaviors —is like a step of the process that will affect the final dish (the aged version of us).

We want to study how you and your siblings are similar or different from each other, now and across time, in factors that may contribute to healthy aging.

This includes hobbies, social and productive activities, fitness and exercise, and health habits, for example