Interested in Participating in Research on Long-Term Health in Athletes?

Life After Sport Trajectories (LAST) Lab

**Purpose:**
Investigate how competitive sport participation and prior injury impact long-term health and activity patterns in athletes

**Procedures:**
- Complete in-person testing totaling about 1.5 hours including:
  - Body Composition Analysis using Dual X-ray Absorptiometry (DXA)
  - Standard blood draw performed by trained phlebotomist
  - Height, weight, and blood pressure
  - Strength and function
- Complete questionnaires to assess sports participation history, athletic identity, health, and quality of life
- Physical Activity Monitoring
- Dietary Assessments

**Who Can Participate?**
- Age: 18-25 or 40-64 years
- Current and former collegiate varsity athletes and matched nonathletes
- With or without a prior injury

**Benefits:**
Receive a comprehensive health assessment & make an impact on the scientific understanding of prior injury and physical activity patterns on long-term health in athletes.

$50 Gift Card for Full Participation

**Confidentiality:**
All data collected is confidential & your data is assigned an arbitrary code number rather than using your name. This study is covered by a Certificate of Confidentially from the National Institutes of Health.

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Learn More at www.lastlab.org
Make an Impact on Future Athletes