

## Seeking Research Volunteers

### Ageing **BIO**marker study in **S**ingaporeans (**ABIOS**)

Can lifestyle, especially regular physical activity and healthy diet influence how fast we age? We want to discover how age-related health problems can be reduced when people practice healthier lifestyle choices before they reach old age. What we intend to measure are health indicators related to your biological age and not your chronological age. For instance, a person who is 70 years old and leading a healthy lifestyle may have the same biological age as a 45-year-old person leading a poor lifestyle.

#### Do you qualify?

- 21 years old and above
- Currently residing in Singapore since 2016
- Physically active **OR** Sedentary
- Currently not pregnant
- No metal implants
- No history of smoking
- No history of cancer, chronic obstructive pulmonary disease (COPD), or major cardiovascular disease (CVD) such as stroke, heart failure.



#### Benefits for participating in the study

- Personalized report on cardiovascular, metabolic and functional health status
- Cash reimbursement will be given as a token of appreciation for contribution to science and medical discovery



#### Principal Investigator

Dr. Santhosh Kumar Seetharaman

Click or Scan the QR code to register your interest!

Contact us to find out more about the study and to register your interest

Email: [healthy\\_longevity@nus.edu.sg](mailto:healthy_longevity@nus.edu.sg)

