

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

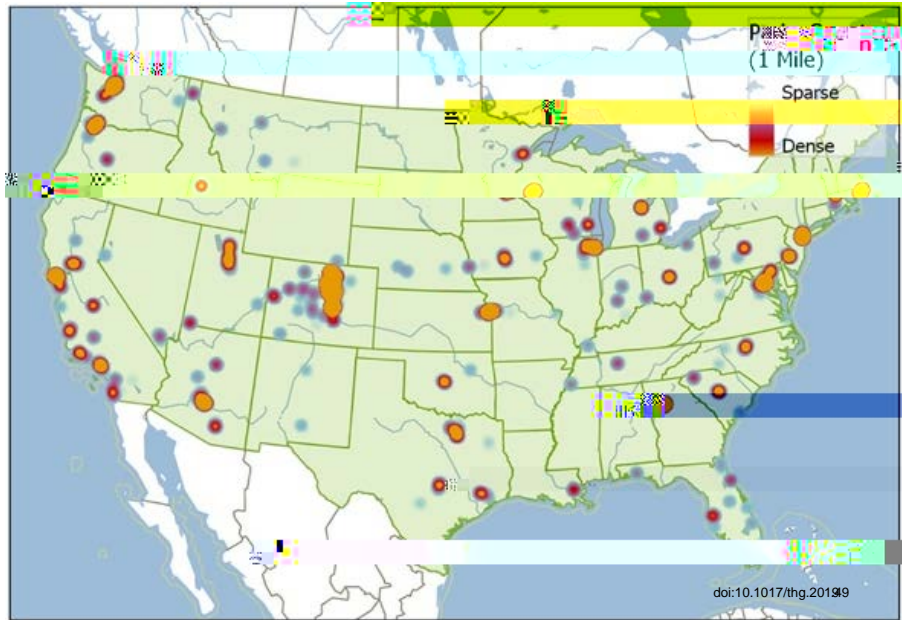


S. Wadworth
Principal Investigator

JULY 2020

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,

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