

# CATSLIFE NEWS



Institute for Behavioral Genetics

UNIVERSITY OF COLORADO BOULDER

We hope that you and your family are doing well during the COVID-19 pandemic.

Colorado Adoption/Twin Study

July 2020



The Photo by Unknown Author is licensed under CC BY

Fitness in midlife predicts brain size by age 60

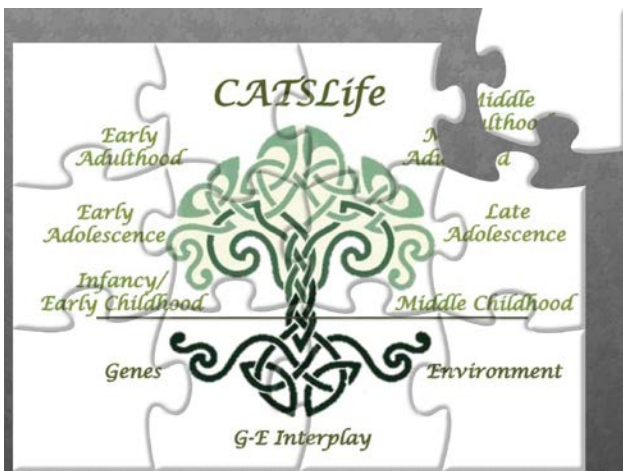
How does early life shape midlife?

How does midlife shape late life?



The Photo by Unknown Author is licensed under CC BY-SA

Memory and cognitive functioning at midlife predict later physical health

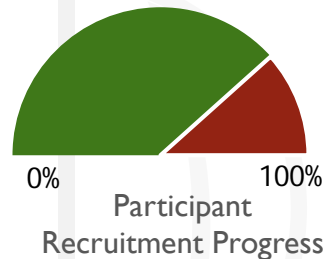


We need **you** to help us figure out how midlife fits into the puzzle!

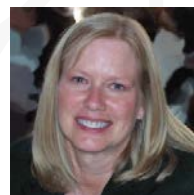
## WHAT IS CATSLife?\*

CATSLife is a unique study with data collected from adoptive and non-adoptive (CAP) & twin (LTS) families that started in the 70s and 80s, when you were young.

- Studying how genes and environments shape how we grow, develop, and adapt to midlife is fundamental to understanding successful aging!
- Because this is a one of a kind study, it can never be duplicated, so we cannot afford to lose participants! Your participation is vital to the success of this study.



C. Reynolds  
Principal Investigator



S. Wadworth  
Principal Investigator

## 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 DETAILS:

The study pays \$250 for a 5½ hour visit consisting of cognitive and physiological measures. We can come to you or you can come to us, **ALL EXPENSES PAID!**

We have other options if an in-person visit is not a possibility for you.

We have adapted test protocols to CDC and CU guidelines.

## CELL PHONE STUDY FOR ALL:

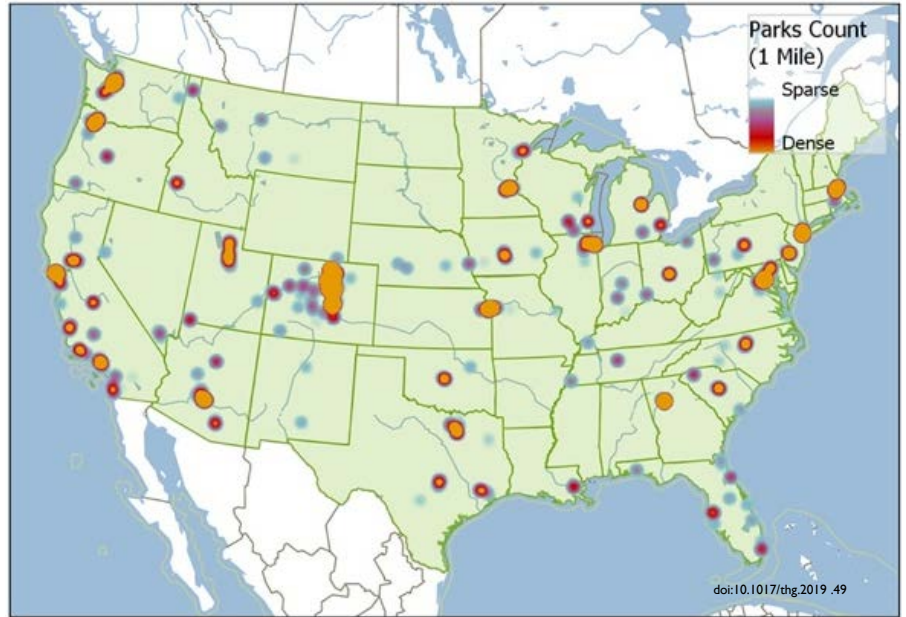


We have a study for all past and future participants that pays \$50 and we send you individualized results. If you haven't done this study yet, contact us!




\*Colorado Adoption/Twin Study of Lifespan Behavioral Development and Cognitive Aging (CATSLife)

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.



## CONTACT US:

-  303-492-4473
-  [corinne.gunn@colorado.edu](mailto:corinne.gunn@colorado.edu)
-  [www.colorado.edu/ibg/human-research-studies/catslife](http://www.colorado.edu/ibg/human-research-studies/catslife)



## 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.

