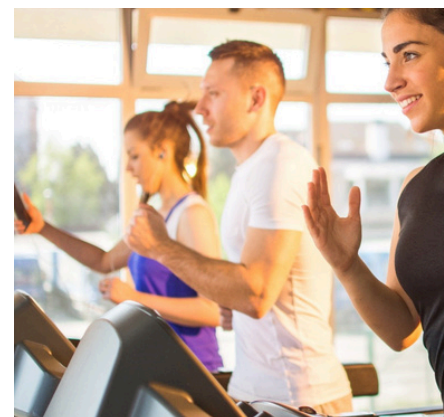
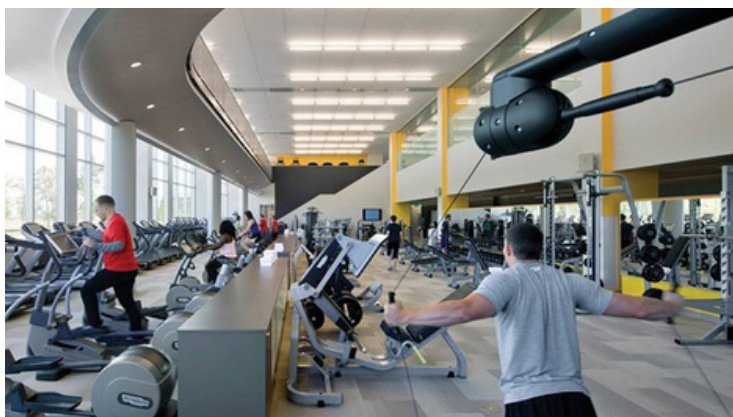


CU Anschutz Health and Wellness Center



HEALTHY VOLUNTEERS NEEDED FOR AN EXERCISE AND METABOLISM STUDY

Help us learn more about the difference between morning exercise and nighttime exercise in fed and fasted states.

To be eligible to participate you must:

- Be a man or woman ages 18-40 years old
- Be generally healthy without diabetes and heart disease
- Be a non-smoker
- Have a BMI between 18.5 and 40 kg/m²
[Calculate your BMI here](#)
- Live or work within 30 minutes of the CU Anschutz Medical Campus

What you will receive:

- Assessment of body composition, resting metabolic rate, cardiometabolic health parameters, fitness, physical activity, and sleep
- Study provided breakfast, lunch, and dinner meals
- A monitored exercise program at the CU Anschutz Health and Wellness Fitness Center
- Free access to the AHWC Fitness Center
- Compensation provided

In order to enroll all participants must meet specific criteria. The criteria listed above is only a partial list of all the requirements to participate in this research study. Only a clinical research staff member can determine eligibility. If you have any questions, you can contact justin.lorentzen@cuanschutz.edu.

Principle Investigator: Seth Creasy, PhD
COMIRB Protocol #: 23-1388

APPLY HERE:



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