

Sedentary Behavior Research Study



This research study aims to learn more about how the time we spend seated affects our health.

Main Inclusion Criteria:

- Healthy male and female
- Age: 19-45
- BMI: 26-34
- Be seated more than 6 hours/day
- Be physically active less than 3-4 days/wk

Compensation Provided

Along with compensation you will be provided with a free blood lipid profile, a measure of body composition and metabolic rate, and food will be provided for you while you are in the study.

Contact eats.study@ucdenver.edu for more information