

VOLUNTEERS NEEDED FOR METABOLISM AND FOOD STUDY

The purpose of this study is to use physical activity monitors to develop better ways to estimate energy expenditure (calories burned) used to digest food.



To be eligible you must:

- Be a man or woman between 18 and 45 years old
- Be generally healthy without major diseases
- Have a BMI between 18.5–29.9 kg/m²

What you have to do:

- Two 24-hour stays in a metabolic room, wearing physical activity monitors and complete two study conditions (fasted and fed)
- Resting metabolic rate measurement
- One blood test

What you will receive for participating: Personalized information about your energy expenditure ('metabolism'), five total days of food, and monetary compensation

If interested in participating please contact Sarah Purcell at sarah.purcell@cuanschutz.edu

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.

Principle Investigator: Sarah Purcell, PhD
COMIRB Protocol #: 20-0191 **University of Colorado Denver—Anschutz Medical Campus**