GOT RHYTHM?

YOUNG MEN CIRCADIAN ASSESSMENT

Researchers at the University of Kentucky are conducting a study in young adult men, ages 18-35 years.

**BENEFITS**
- Body composition analyses
- Bone density analysis
- Cardiorespiratory fitness assessment
- Learn about the association between circadian rhythms, fitness, and factors associated with the metabolic syndrome

**RESEARCH**
- Requires one time, 2 hr 15 min session
- 7 day wrist temperature and physical activity monitoring
- DXA scan and graded exercise test

*Patients will receive a UK t-shirt for their participation.*

University of Kentucky
Pediatric Exercise Physiology Laboratory

University of University of Kentucky Functional Assessment and Body Composition Core Laboratory (FAABC) of the Clinical Services Core (CSC)

For more information, please contact:

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