

The Human Performance Lab at ODU is looking for active people to examine how meal order affects blood glucose and exercise fueling!

Participation involves:

- Three visits (5-6 hours total)
- A body composition test (\$50 value)
- Two meals consisting of rice, broccoli and chicken
- Performing two 30-minute treadmill runs at 70% of max heart rate
- Wearing an activity tracker for two days prior to each visit
- Keeping a food log for two days prior to each visit

To be eligible, you must:

- Be 18-60 years of age
- Physically active and able to jog/run for 30 minutes without stopping
- Free from any cardiovascular disease, diabetes, or any injury that could preclude running
- Free from any allergies to poultry, rice, or broccoli
- Not currently pregnant
- No implanted electrical devices



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