

STUDY ON HYDRATION AND BODY COMPOSITION



THIS STUDY IS EXAMINING THE RELATIONSHIPS BETWEEN MEASURES OF URINE AND SALIVA HYDRATION AND BODY COMPOSITION

Participation Involves:

- **One visit with the researchers**
- **Undergoing two body composition tests**
- **Providing one saliva sample and one urine sample**
- **~45-60 minutes total**

To be eligible, you must:

- **Be 18 years or older**
- **Be under 330 lbs.**
- **Not have any implanted electrical devices**
- **Not be currently pregnant**

Contact

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WHERE

**The Human Performance Lab
in the Student Recreation Center (Room 2003)**