

RESEARCH ON HYDRATION, BODY COMPOSITION, AND METABOLISM CHANGES WITH WEIGHT LOSS



We're looking for individuals who are currently trying to lose weight, or who plan to lose weight in the next several months, either through lifestyle changes, medication, and/or weight loss surgery

Participation Involves:

- 4 lab visits over approximately 4 months
- Body composition tests
- Resting metabolism tests
- Providing saliva and urine samples
- Physical activity tracking

To be eligible:

- Age 18-70
- Ability to read and understand English
- Currently trying to, or planning to, purposely lose at least 10 pounds over the next 4 months, either through lifestyle, medication, or surgery.
- Body mass index of overweight or higher (i.e., 25 or higher)
- Weigh < 550 lbs
- No known kidney disease or liver disease
- Not currently pregnant
- No implanted electrical devices
- No history of claustrophobia
- No lower limb amputation
- No current use of diuretics
- No current urinary tract infection

What This Study Does NOT Provide:

- A weight loss program or advice
- Diet or exercise plans
- Weight loss medications

CONTACT

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scan the QR code below
to learn more

