UNIVERSITY OF MICHIGAN MEDICAL SCHOOL

MMOC

IRB# HUM00089054

Research study: Volunteers needed!

We are recruiting healthy men to participate in an exercise research study. We will measure energy expenditure and fuel utilization during stationary cycling. The study consists of up to three sessions:

- **Session #1 will last up to 2 hours (exercise for ~20 minutes)**
- **Sessions #2 will last up to 3 hours (exercise for ~40 minutes)**
- **Sessions #3 will last up to 3 hours (exercise for ~40 minutes)**

You will be compensated $25 and given the results of your VO_2 peak (fitness) assessment after completing testing session #1, $50 after completing session #2 and $75 after completing session #3. You will be compensated $50 for each muscle biopsy (all biopsies are optional).

Requirements:

- Male, 18 – 30 years of age at the start of the study
- BMI 18.5-28 $kg \cdot m^{-2}$
- Free from pre-existing health conditions that limit physical activity
- Free from orthopedic problems that limit physical activity
- Non-smoker for at least 6 months
- Weight stable for at least 6 months (gain/loss of up to 5 pounds acceptable)
- Not a collegiate or professional athlete

For More Details Or To Apply, Contact us!

Visit our Website:
http://mmoc.med.umich.edu/
click 'fueling exercise' on left and complete screening questionnaire

INTMED-MMOC-PAL-RESEARCH
@med.umich.edu

All testing will occur in the Michigan Clinical Research Unit Clinical Suite, located in the lower level of the Cardiovascular Center.

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