



# Body Composition Perceptions Georgia College Exercise Science Lab Fall 2023

# \*\*Study Participants needed:

to examine all body composition measurements, blood lipid and glucose levels and hydration levels on two separate occasions

## **FEMALE** participants

\* 18 – 64 years old

### Determine your:

- Resting / Exercise Blood Pressure
- Body Composition (DXA) –Fat-Free Mass and Fat Mass
- Fasting Blood Lipid profile
- Fasting Glucose level
- Body Circumference Measurements
- Hydration Status

### Contact:

Kelly Massey (<u>kelly.massey@gcsu.edu</u> for more information and/or to schedule a testing date

This study has been approved by the GC Institutional Review Board.