

What type of fuel do you burn?

Find out in Drexel University's Nutrition Sciences' research study!



Are you a male Combat Sport Athlete (wrestling, judo, jiu jitsu) or a male Runner? Either competitive or recreational, with at least 3 years of experience, and exercise at least 4 days a week?

- * Find out what fuels your body uses during exercise!
- * Are you more of a fat burner or carbohydrate burner?
- * Learn more about your diet!
- * Find out your maximal oxygen consumption!
- * Contribute to scientific understanding of your sport!

Dr. Stella Volpe's Metabolic Lab is looking for volunteers, **18 years of age or older**, to participate in a study where we will assess, aerobic capacity, and physical fitness **at no cost!**

For more information send an email to:
jrs484@drexel.edu
and use subject line "Substrate Study"

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