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”