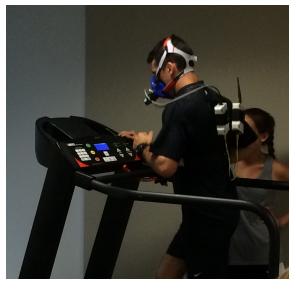
What type of fuel do you burn?

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











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

- * Find out what fuels <u>your</u> 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"