

Call For Participants



Validation of a Fatmax Protocol



5 day(s) to complete

Health assessment including fitness, physical activity level and dietary analysis

Experiment

University Of Bath, Claverton Down Rd, Combe Down, Bath BA7AU, UK

University of Bath

A high capacity to burn fat during exercise is desirable to both athletes and the general population. The current study looks to develop an exercise protocol to accurately measure fat use during exercise, so we can better understand factors influencing maximum fat use during exercise. We hope this will help develop strategies to optimize exercise and nutrition for health.

The study requires five visits (between 20-60 minutes) to the University of Bath and is outlined in greater detail below.

Find out more online

Poster printed on 25/04/2024 Study expires on 31/05/2017

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/UWRR33

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