

## APPENDIX D: Research Element DETAILS



# PROCEDURES

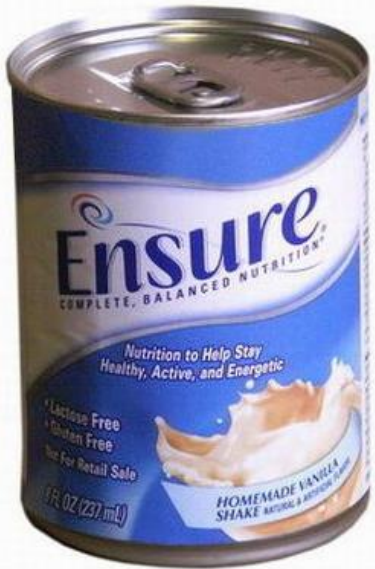


\*Note: this is not a complete list of the procedures. For full details, an appointment with the research coordinator will be arranged.



## MIXED MEAL TOLERANCE TESTING:

3 hour test examining hormones (insulin, glucose, and fat hormones) in response to nutrients.



- Metabolomics is the analysis of small molecules that generate a specific fingerprint of your current metabolic state at any given time point. It allows us to characterize some of the dynamic changes that occur in response to nutrients.
- DNA looking at obesity-related genes



## DXA

Measures body composition including fat free mass, fat mass and bone density



## BOD POD

Alternative method to measure fat free mass and fat mass





## RESTING ENERGY EXPENDITURE

Measures the fuel the body burns at rest (the number of calories burned at rest)





## V02 MAX

Exercise capacity is highly predictive of disease risk, longevity and may predict the ability to lose weight. Graded exercise test done on a treadmill.

