WOULD YOU LIKE TO KNOW WHAT YOUR BONE DENSITY AND BODY COMPOSITION ARE?

The UofC Bone Imaging Lab needs participants for research in:

BONE QUALITY and MUSCLE FUNCTION

We are looking for volunteers between the ***ages of 18 to 30*** who have never participated in competitive sport to take part in a study of bone quality and muscle function.

As a participant, you would be asked to:

- complete questionnaires related to your current health status and physical activity
- have your arms and legs scanned using a new bone imaging method, high-resolution peripheral quantitative computed tomography (HR-pQCT)
- have your body composition assessed with a total body dual energy X-ray absorptiometry (DXA) scan
- have your muscle function assessed using a test of grip strength and calf muscle force

Your total participation time would be approximately **120 minutes** (two 1-hour sessions) at the Bone Imaging Lab at the University of Calgary.

Participating in this study will give you the opportunity to receive a state-of-the-art assessment of your bone health, muscle health, and body composition.

For more information about this study, or to volunteer for this study, please contact:

The Bone Imaging Lab
Tel: **403.220.3188**
Email: bonelab@ucalgary.ca (subject: Athlete Study)

This study has been reviewed by, and received ethics clearance through, the Conjoint Health Research Ethics Board, University of Calgary.

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