Volunteers Required for Participation in Blood Sugar Study

The Human Performance Clinical/Research Laboratory in the Department of Health and Exercise Science at the Colorado State University is seeking volunteers to participate in studies investigating the influence of briefly restricting blood flow to the legs on the control of blood sugar.

Volunteers should be aged 18-70 years, weigh more than they prefer, and not be pregnant and or regular exercisers.

Benefits for study volunteers include the following: body composition (including whole-body bone mineral density and % body fat), and tests of blood sugar control (related to diabetes). Participants will receive financial compensation for the time spent in the laboratory.

Potential risks for study volunteers – blood pressure cuffs will be placed around your thighs to briefly restrict blood flow to your legs, you will drink sweetened water, and you will donate a small amount of blood.

For more information, please contact Dr. Christopher Bell via telephone: 970-491-3495 or email: physiology@cahs.colostate.edu