

## Interested in learning about your percent body fat, percent lean mass, and bone density? Participate in the Shape Up! Adults Study.

Several body composition measurements will be completed for this study: whole-body DXA, blood draw, optical (2D and 3D) imaging, and muscle strength.

**Time Commitment:** One time visit at the University of Hawaii Cancer Center that will last about two hours.

### **Requirements:**

- 18 years or older
- Able to lay flat on your back for up to 10 minutes
- Able to stand without aid for 2 minutes
- Do not have any metal implants

### **Benefits:**

- Copy of the DXA scan report (fat, lean, and bone mass)
- Complete Blood Count results

**Compensation:** A gift card will be given to participants, upon completion of the study visit. *Some participants may be eligible to participate in a follow-up visit for an additional gift card.*

To participate or learn more about this study, contact the study coordinator at **(808)440-5234** and mention “**Shape Up! Adults Study**”

