

Would you like to participate in the UCSF “Shape Up! Adults” study to measure your percent body fat, percent lean, and bone density?

- This study includes the performance of several body composition measurements: whole-body DXA, blood draw, optical (2D and 3D) imaging, and muscle strength that will be taken during a 2-hour study visit.
- You may qualify if you are:
 - 1- 18 years or older**
 - 2- Able to lay flat on your back for up to 10 minutes**
 - 3- Able to stand without aid for 2 minutes**
- A \$50 gift card is given to participants upon completion of the study visit.
- Small group of participants may participate in a second visit for an additional \$50 gift card.

To participate or learn more about this study, contact the study coordinator at (415) 741-3454 or bodycompstudies@ucsf.edu (and mention “Shape up! Adults study”)



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