

A Study for New Mothers: Metabolism Assessment at 3 and 9 Months Postpartum



- How many calories do you burn in a day?
- What is your metabolic rate?
- How efficient is your body at using fat for energy?

Researchers at the University of Alberta are inviting new mothers (3 months postpartum or less) to participate in a new study to help answer these questions.

To participate, you must be: between 18 and 40 years old with no significant health concerns, able to walk on a treadmill for 35 minutes and willing to spend 24 consecutive hours living in a small, comfortably furnished, research suite at the University of Alberta.

For more information, please contact Leticia at (780) 492-4182 or radinper@ualberta.ca



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