

Assessment Visit Reminders

Location: Medical Sciences Center

What to Expect (~2 hours)



Wear Activity Monitor



Body Composition



Blood Draw



Grip strength



Questionnaires



Mental Health Interview



Blood Flow Assessments

How to Prepare for Your Visit

When	What to Avoid
48 hours before	Aspirin or Non-Steroidal Anti-Inflammatory Drugs (NSAIDS) 
24 hours before	Alcohol  Vigorous Exercise  Dietary Supplements 
4 hours before	Nonessential Medication  Caffeine  Chocolate/Food

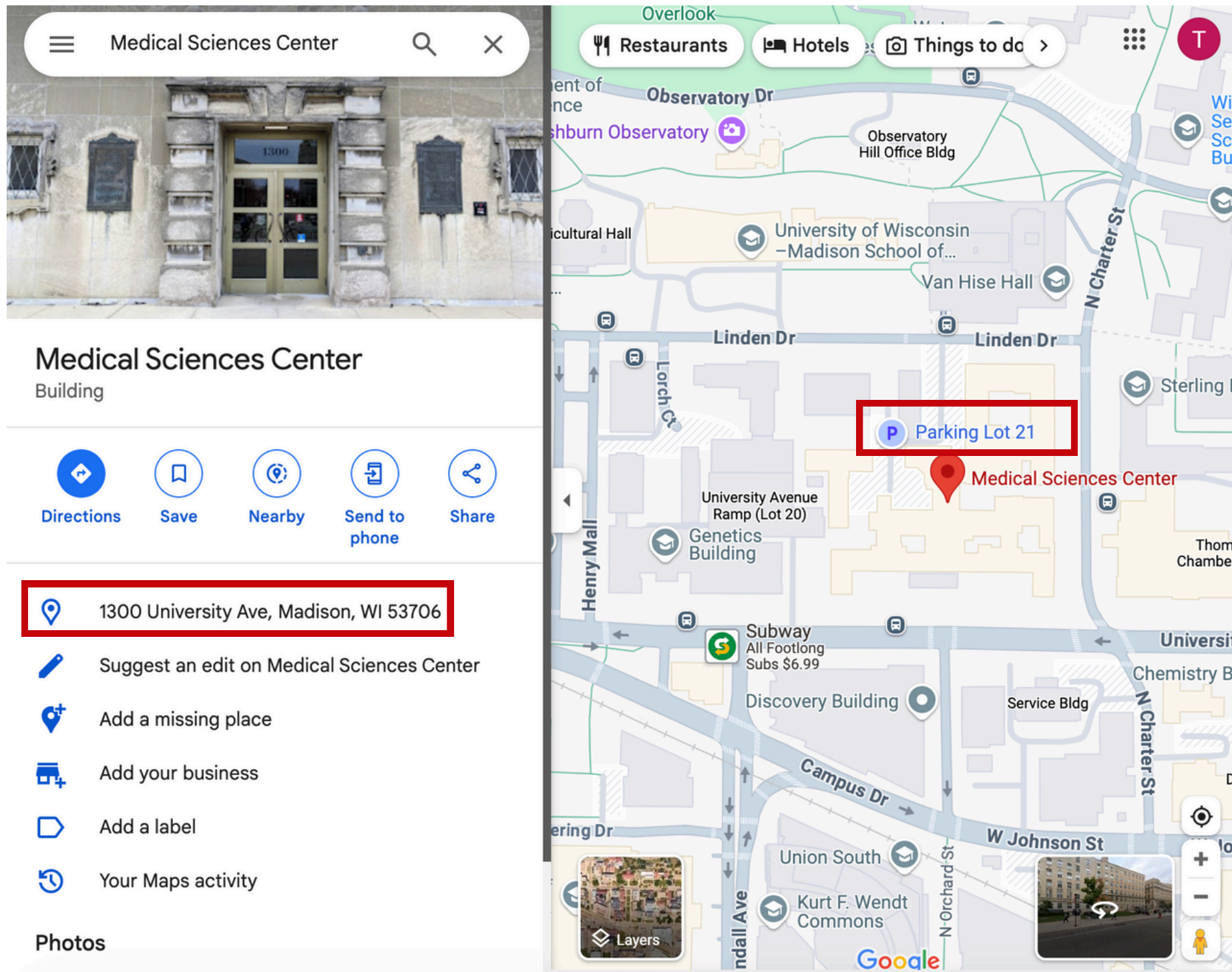
Before your visit, please DO:



- Stay hydrated
- Fast 4 hours before your visit
- Wear loose fitting, comfortable clothing and tennis shoes



Location: Medical Sciences Center



Directions:

- We will meet at the back of the Medical Sciences Center (Lot 21)
- The lead senior research staff will meet you at the entrance and direct you to the assessment room



Parking in Lot 21:

- This is located in the back of the Medical Sciences center
- Please park in the designated number offered by the Project Coordinator # Kinesiology Research