Have you ever wondered about the effects of a high fat diet on physical and psychological well-being?

Research Centre: Australian Catholic University (ACU)
Location: Daniel Mannix Building, 8-18 Brunswick St Fitzroy, VIC
Lead Researchers: Professor John Hawley, Dr Donny Camera, and Miss Miriam Ellis
Ethics Committee: Reviewed and approved by The Human Research Ethics Committee at The Australian Catholic University

Background
The consumption of excess energy, particularly fat, is largely responsible for the current epidemic of lifestyle-related diseases such as obesity, diabetes and sarcopenia (the loss of muscle mass with increasing age). Excess fat consumption of fat can also affect mood and cognitive function. Performing resistance exercise in combination with the ingestion of high-quality protein sources (e.g.: steak, chicken, whey protein shake, etc.) has been shown to enhance muscle mass. This has important health implications for reducing the risk of developing sarcopenia, obesity or other debilitating health conditions such as diabetes.

This study will enable us to further research into the ideal diet for preserving muscle mass and optimal cognitive functioning.

Benefits to Participation
- Comprehensive health screen including: DEXA (Dual Energy X-ray Absorptiometry) bone density scan to assess body mass composition and screen for osteoporosis; cognitive health assessment; blood lipid profile and fitness test (Consumer value $800-$1000).
- Advancing medical research.
- Receive 11 days [total] of food at no personal cost.
- Qualified health professionals to monitor your health.
- Compensation of $1,000.00 for your time in the study.

Who Can Participate?
- Males aged 30 to 50.
- Live a sedentary lifestyle (very little to no regular exercise)
- Have a BMI of between 25 and 30kg/m² (we can help calculate this if you are not sure)
- Are able to attend the ACU on multiple occasions over several weeks.

Contact
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