

<http://www.lindenwood.edu/EPNL>

Testing times are available on Tuesdays and Thursday from 6:00 – 10:00am. We ask that all participants schedule for the earliest time available and then fill in the slots to 10:00am. Below are steps you MUST follow before doing a DEXA.

- No exercise 24 hours prior to assessment
- Fast 8-12 hours
- 8 hours of sleep
- No caffeine 24 hours prior