

A sample of 84 undergraduate student volunteers (52 women, 32 men) was recruited through university classroom visits and sign-up sheets. The 84 participants passed an initial screening used to determine if individuals qualified to participate. Participant sample characteristics were (M \pm SD) age (19.8 \pm 0.9 .(years), weight (73 \pm 6.4 kg), height (1.77 \pm 0.05 m), and BMI (24.8 \pm 3.2 kg.m⁻²