

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<sup>-2</sup>).