About Us
The Exercise Physiology Core Laboratory (EPCL) in The School of Medicine at The University of Virginia was established in 1990 to promote the expansion and enhancement of clinical research that incorporates exercise physiology and body composition into research questions. We offer measures of resting and exercise oxygen consumption, lactate threshold assessment, endothelial function, regional distribution of body fat, body composition assessment, anthropometry, and the use of acute exercise and/or exercise training as an intervention.

Clinical Research
The EPCL can provide data and expertise if your studies involve:

- Exercise testing (CPET/VO2 peak)
- Body composition (Bod Pod, circumferences)
- Measures of functional fitness (Six-minute walk test)
- Supervised exercise training
- Resting metabolism
- Weight loss
- Vascular health

Personal Fitness Assessment
For Beginners to Elite Athletes
The Exercise Physiology Core Lab offers the community a variety of services to help you assess your level of fitness and health. We work with people at all levels of fitness, from those just beginning an exercise program to elite athletes. We can help you:

- Learn how many calories you burn at rest (resting metabolism)
- Assess your body composition
- Learn your maximum heart rate
- Establish a baseline for fitness goals
- Use your personal data to tailor your exercise program

Getting Started
Investigators with new protocols can contact the research team at lms5a@uvahealth.org to set up a consult.

Our Team
Lisa Farr, M.Ed, R.C.E.P - Core Director
Antonio Abbate, MD, PhD - Professor of Cardiology Core Lab Medical Director
Arthur L. Weltman, PhD - Faculty Advisor
Shannon Wells, M.Ed - Research Assistant

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Enhancing Research, Rigor and Reliability