

	<b>Day 1 – Approx 2 hours</b>	<b>Days 2-6</b>	<b>Day 7 – approx 15 mins</b>
<b>Baseline assessment</b>  Week -1 to 0	<ul style="list-style-type: none"> <li>- Consent form and eligibility assessed</li> <li>- LBM,</li> <li>- Body fat%, Wt, Ht, Waist, Hip</li> <li>- QOL related questionnaires</li> <li>- TMill</li> <li>- Handgrip strength</li> <li>- Demographical info</li> <li>- Accel given</li> </ul>	-Fasting CRP and LCn-3	-Hand in Accel  - Accel - Squat - Push up - DHQ
<b>Mid intervention assessment</b>  Week 12-13	As above except for consent form  +  Pill counts		
<b>Post-intervention assessment</b>  Week 25-26	Same as mid-intervention assessment		