



ARE YOU INTERESTED IN BEING IN AN EXERCISE AND WEIGHT LOSS STUDY?



**Volunteers needed for a research
study to learn about the best
time of day to exercise.**

To be eligible you must:

- Be a man or woman between 18 and 55 years old
- Be generally healthy without diabetes and heart disease
- Not currently exercising regularly
- Have a BMI between 25.0 and 40.0 kg/m²
[Calculate your BMI here](#)
- Are willing to be randomized to either morning or evening exercise
- Live or work within 30 minutes of the Anschutz Medical Campus

What you will receive:

- 7-month monitored exercise program with support from an exercise specialist (up to 4 exercise sessions per week)
- 13-month membership to the University of Colorado Anschutz Health and Wellness Fitness Center.
- Assessment of body composition, metabolic rates, lab values, fitness, physical activity level, and sleep
- Access to the exercise facility at the University of Colorado Anschutz Medical Campus (See facility at: <http://www.anschutzwellness.com/fitness>)
- Compensation provided

If interested in participating, see if you qualify:

<https://redcap.ucdenver.edu/surveys/?s=KMCDY7R7KFCYYDAR>

In order to enroll all participants must meet specific criteria. The criteria listed above is only a partial list of all the requirements to participate in this research study. Only a clinical research staff member can determine eligibility. If you have any questions, you can contact timexstudy@ucdenver.edu.

Principle Investigator: Victoria A Catenacci, MD
COMIRB Protocol #: 21-3094

WELLNESS
CHANGES
EVERYTHING

