

Motivated to *lose* weight?

Interested in learning more about your health?



Benefits to you:

- Medical exam with labwork
- Body Composition and Metabolic Rate measures
- Sleep and Physical Activity assessment
- Meals for two 10 day periods
- Meal replacements and counseling for weight loss
- Gym membership and Weight Loss Support Group

Are you:

- 25-50 year old male or female
- Weight stable with BMI between 30-40 -- check it here:
https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm
- Generally healthy, without diabetes, sleep issues or heart disease.
- Willing to commit to an intensive 12 week weight loss program using meal replacements with or without exercise to lose weight
- Able to attend several study visits over one year including four overnight stays

Check here to see if you qualify:

<http://j.mp/2E16gma>

Volunteers must meet all study criteria
and be confirmed by study personnel

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Financial Compensation

WELLNESS
CHANGES
EVERYTHING

