



ARE YOU INTERESTED IN LOSING WEIGHT?

JOIN THIS CU ANSCHUTZ RESEARCH STUDY!



Researchers at the University of Colorado Anschutz Health and Wellness Center are conducting a research study to evaluate a lifestyle weight management intervention that aims to promote long-term physical activity adherence in adults with overweight or obesity.

Participants will receive:

- FREE virtual, 6-month lifestyle intervention
- FREE assessments of your body composition, cardiovascular health, and fitness level.
- A complimentary scale to use at home
- Compensation provided (up to \$281)

To be eligible to participate you must:

- Be a man or woman age 18-65 years
- Not currently exercising regularly
- Have a BMI between 25 and 45 kg/m²
- Generally healthy without diabetes or heart disease



Take our
screening
survey to see if
you qualify!

Principal Investigator: Danielle M.
Ostendorf, PhD.
COMIRB Protocol #: 23-1154