

CU Anschutz Health and Wellness Center

WEIGHT LOSS RESEARCH STUDY FOR ADULTS WITH BREAST CANCER



Research study evaluating an intermittent fasting eating plan on adults with breast cancer

To apply scan QR code or visit link:
<https://redcap.link/time2bwell>



To be eligible to participate you must:

- Be a man or woman ages 18-65 years old
- Have a diagnosis of stage 1-3 breast cancer within the past 10 years and have completed all planned surgery, radiation, and/or chemotherapy treatment 3 or more months prior to intervention start date
- Have a BMI between 25 and 45 kg/m²
[Calculate your BMI here](#)
- Live or work within 30 minutes of the CU Anschutz Medical Campus

What you will receive:

- A 6-month group based behavioral weight loss program.
- Support for aerobic exercise and resistance training with the BfitBwell Oncology Exercise Program
- Assessments of body composition, lab values, dietary intake, and physical activity.
- Compensation provided

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 Time2BWell@cuanschutz.edu.**

Principle Investigator: Victoria Catenacci, MD
COMIRB Protocol #: 23-1546



Anschutz Health and Wellness Center
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS