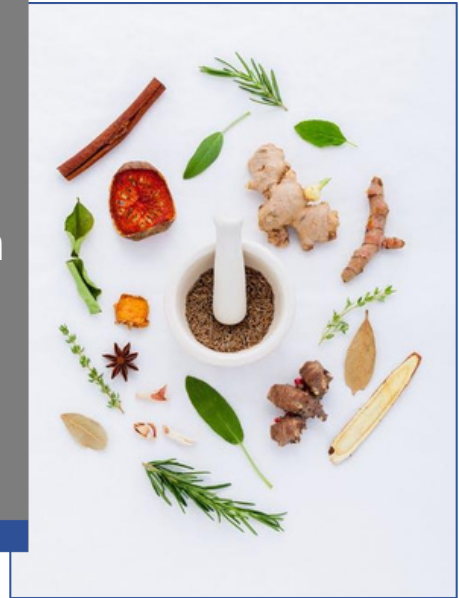


Time Restricted Eating Weight Loss Research Study

Join this CU Anschutz weight loss research study for adults age 18-65. Receive a free 12 month diet and exercise program.



YOU WILL RECEIVE:

1. Free weight loss program led by a registered dietitian
2. A weight loss diet plan based on time restricted eating (eating during an assigned 8 hour time window each day)
3. Assessment of body composition and lab values.

You may qualify for this study if you:

- 18-65 years old and generally healthy without diabetes or heart disease
- Have a body mass index (BMI) of 27-45 (check it out at <http://nhlbisupport.com/bmi/>)
- Typical eating duration >12 hours during the day (for example, time of first food/drink intake at 6AM and time of last food/drink intake at 8PM = 14 hours eating duration)
- Own a smartphone
- No plan to relocate within the next 12 months

Financial compensation provided

If you are interested, please contact us!

Use this link to see if you qualify:

<https://redcap.ucdenver.edu/surveys/s=R7PD9TD4RDXAKL33>

Email: Time2Eat@ucdenver.edu

Or apply here via QR code:

