



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
- Live or work within 30 minutes of the Anschutz Medical Campus

What you will receive:

- 16 week monitored exercise program with support from an exercise specialist (up to 4 exercise sessions per week)
- Assessment of body composition, 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 please contact Liza Wayland at liza.wayland@cuanschutz.edu.

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.

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WELLNESS
CHANGES
EVERYTHING

