

Interested in a lifestyle program that may help improve your health and help with weight loss?

The Anschutz Health and Wellness Center is conducting a new research study looking at a 6-month lifestyle program for participants with metabolic syndrome (see below for symptoms). The program will involve 18 weekly group meetings that will focus on healthy eating and cooking, physical activity, and stress management. Participants will also attend weekly fitness classes at the Anschutz Health and Wellness Center Fitness Center at no cost and will be compensated up to \$100 for completing the study. The study will last approximately 7 months.

You may qualify for this research study if you:

- * Are 18 years or older
- * Meet **3 out of 5** metabolic syndrome criteria:
 - Waist circumference \geq 40 inches for men and \geq 35 inches for women
 - Triglycerides \geq 150 mg/dl or treatment of elevated triglycerides
 - HDL cholesterol $<$ 40 mg/dl in men or $<$ 50 mg/dl in women, or treatment for low HDL
 - High blood pressure or treatment for hypertension
 - Fasting blood glucose 100-125 mg/dl or known pre-diabetes
- * Are able and willing to participate in (18) 1.5-hour classes and 7 study visits
- * Are able and willing to participate in an additional 1-hour weekly fitness class
- * Have no known diabetes or cardiovascular disease

For more information, please call 303-724-9198 or email

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WELLNESS
CHANGES
EVERYTHING

