

Are you interested in a supervised exercise intervention?

Volunteers are needed for a research study to examine the effects of exercise on food intake and appetite regulation.

The Effects of Exercise on Appetite Regulation in Overweight/Obese Individuals
COMIRB # 13-3252 , Principal Investigator: Marc-Andre Cornier, M.D.

Contact us if you are:

- 21-45 years old
 - Non- smoker
 - Non- Diabetic
 - Exercise no more than 1 time a week
 - Maintained your current weight for last 6 months
 - Have a body mass index (BMI) of 27-35
- (check it out at <http://nhlbisupport.com/bmi/>)

Receive at no cost:

- 3 month membership to the Fitness Center at the Anschutz Health and Wellness Center
- Exercise prescription
- Body measurements
- Lab work

Monetary compensation is provided for your time!

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