

Participants Needed for Exercise Research Study



Volunteers needed for a research study that will examine the effects of different forms of exercise on appetite regulation

You may qualify for this study if you:

- Are 18-45 years old
- Are a non-smoker
- In good health
- Regularly exercise no more than 1 time per week
- Have maintained your current weight for the last 6 months
- Have a body mass index (BMI) of 27-35 kg/m² (Check it out at <http://nhlbisupport.com/bmi/>)

Participation will include:

- Instruction on aerobic and resistance exercise
- 2 exercise testing days and 1 non-exercise testing day
- Blood draws and questionnaires
- 3 full days of provided meals, and 3 half days of provided meals

In order to enroll all participants must meet specific criteria. The criteria listed above is only a partial list of requirements to participate in this research study. Only a clinical research staff member can determine eligibility.

If you are interested or have any questions, please Contact: Tanya Halliday via
Email [Tanya.Halliday@ucdenver.edu] or phone [303- 724 -9083]

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