

Are You Interested in Losing Weight and Getting in Shape?

Volunteers needed for a weight-loss research study that plans to examine the effects of exercise or diet on food intake, appetite regulation, and brain responses to food



You may qualify for this study if you:

- Are 21-55 years old
- Are a non-smoker
- Do not have Diabetes
- Regularly exercise no more than 1-2 times per week (less than 120 minutes/week)
- Have maintained your current weight for the last 6 months
- Have a body mass index (BMI) of 27-40 (Check it out at <http://nhlbisupport.com/bmi/>)

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.

Participation will include:

- A 12-week monitored diet or exercise intervention
- A 3-month membership to the Fitness Center at the Anschutz Health and Wellness Center
- Assessment of body composition and fitness level

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Monetary compensation is provided for your time!

If you are interested or have any questions, please Contact: Allison at brainstudy@ucdenver.edu

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