



Participants Needed for Exercise Research Study



Volunteers needed for a research study that will examine how type of exercise influences measures of 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 18.5-40 kg/m²

Please use this link to take the survey determining your eligibility:

<http://j.mp/2zFnXG1>

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
- Compensation will be provided

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:

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