



Recently Lost Weight? Want Help Keeping it Off?



Volunteers needed for a research study that will examine the effects of two different diets on weight maintenance.

You may qualify for this study if you:

- Are 21-70 years old
- Must have **lost more than 10% of your body weight in the past 4 weeks.**
- In good health (no cardiovascular or metabolic disease)
- Are not currently taking weight loss medication or appetite-altering medication
- Have no history of bariatric or weight-loss specific endoscopic procedure.

Participation will include:

- Health and Physical Exam and Questionnaires
- Resting Metabolic Rate and Body Composition Exams
- Weekly Nutrition Goals and Check-Ins

★ Follow this link to complete a pre-screening survey to see if you may qualify: <http://j.mp/2qK6ZAw> ★

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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