

Looking for Men and Women Interested in Losing Weight

Volunteers needed for a weight loss research study that plans to examine the effects of time restricted feeding (eating during a 10-hour window of time during the day) on weight loss success



You may qualify for this study if you:

- Are 18-50 years old
- Have a body mass index (BMI) of 27-45 (check it out at <http://nhlbisupport.com/bmi/>)
- Typical eating duration >12 hours during the day (for example, time of first food/drink intake at 6AM and time of last food/drink intake at 8PM = 14 hours eating duration)
- Own a smartphone
- Live or work within 30 minutes of the Anschutz Medical Campus

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

Participants will:

- Complete a 12-week behavioral weight loss intervention at the Anschutz Health and Wellness Center
- Be randomized EITHER to a group receiving recommendations only to restrict calories, OR to a group receiving recommendations to restrict calories AND duration of food intake, and will not be able to choose which group they are in

Participation will include:

- Assessment of food intake, physical activity, sleep, body composition, metabolic rate and blood glucose levels before and after the intervention
- A follow-up visit 6 months after completion of the intervention to repeat body weight and composition

Principal Investigator: Elizabeth Thomas, MD COMIRB #18-0487

If you are interested or have questions, please contact: TRF-Study@ucdenver.edu

WELLNESS
CHANGES
EVERYTHING

