



Participants Needed for Resistance Exercise Research Study



Volunteers needed for a research study that will examine how resistance exercise influences measures of appetite regulation

You may qualify for this study if you:

- Are 21-55 years old
- Are a non-smoker
- In good health
- Do not exercise more than 2 times per week
- Have maintained your current weight for the last 6 months
- Have a body mass index (BMI) of 27-40 kg/m²

Receive at No Cost:

- 12-weeks of resistance exercise training at the Anschutz Health and Wellness Center
- Body measurements
- Lab work
- 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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V 9.28.18

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