



## ARE YOU INTERESTED IN BEING IN AN EXERCISE AND WEIGHT LOSS STUDY?



**Volunteers needed for a research study to learn about the best time of day to exercise.**

### To be eligible you must:

- Be a man or woman between 18 and 55 years old
- Be generally healthy without diabetes and heart disease
- Not currently exercising regularly
- Have a BMI between 25.0 and 40.0 kg/m<sup>2</sup>
- Live or work within 30 minutes of the Anschutz Medical Campus

### What you will receive:

- 16 week monitored exercise program with support from an exercise specialist (up to 4 exercise sessions per week)
- Assessment of body composition, fitness, physical activity level, and sleep
- Access to the exercise facility at the University of Colorado Anschutz Medical Campus (See facility at: <http://www.anschutzwellness.com/fitness>)
- Compensation provided

If interested in participating please click the link below to complete our screening questionnaire: <https://redcap.ucdenver.edu/surveys/?s=9XD8JCCTKY>

**In order to enroll all participants must meet specific criteria.** The criteria listed above is only a partial list of all the requirements to participate in this research study. Only a clinical research staff member can determine eligibility. If you have any questions, you can contact [liza.wayland@cuanschutz.edu](mailto:liza.wayland@cuanschutz.edu).

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WELLNESS  
CHANGES  
EVERYTHING

