



Are you Interested in Being in a Weight Loss Research Study?



Volunteers needed for a research study to learn more about the best eating patterns for weight loss within a 12 month behavioral weight loss program.

To be eligible to participate you must:

- Be a man or woman between 18 and 60 years old
- Be generally healthy without diabetes or heart disease
- Be a non-smoker
- Not currently exercising regularly
- Have a BMI between 27 and 45 kg/m² ([Check your BMI at: http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm](http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm))
- Live or work within 30 minutes of Anschutz Medical Campus

What you will receive:

- A 12-month group-based behavioral weight loss program
- A weight loss diet plan based on either daily calorie restriction or intermittent fasting (eating approximately 500 calories a day, 3 days per week)
- Assessment of body composition, lab values, and metabolic rate
- Access to the exercise facility at the University of Colorado Anschutz Health and Wellness Center (see the facility at: <http://www.anschutzwellness.com/fitness>)
- Compensation provided

If you are interested or would like more information please contact the study team at DRIFT2@ucdenver.edu

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

WELLNESS
CHANGES
EVERYTHING

