



ENHANCED LIFESTYLES FOR METABOLIC SYNDROME STUDY

Metabolic Syndrome is a cluster of conditions that occur together which **increase your risk of heart disease, type 2 diabetes, and stroke**. You must meet 3 or more of the conditions below for Metabolic Syndrome:

- Excess Body Fat around the waist
- High Blood Pressure
- High Blood Sugar
- High Triglyceride
- Low HDL (good) Cholesterol

Give us a call today if you:

- Meet the criteria for Metabolic Syndrome
- Are between the ages of 18 and 80
- Are willing & able to exercise for 30 minutes most days
- Are willing to participate in a 2 year study
- Do not have diabetes

Participants will receive (at no cost):

- A **free Fitbit**
- Monetary Stipends
- Lab Work
- **The tools to lose weight and lower the risk of heart disease and diabetes**

For more information, please call 303.724.9198 or email wellness.research@ucdenver.edu

**WELLNESS
CHANGES
EVERYTHING**

