

# Subjects needed for a weight loss study



We are conducting research to learn more about how yoga, diet, and exercise impact weight loss, health, and well-being

## Participation includes:

- A 12-week group-based weight loss program
- Membership to the Anschutz Health and Wellness Center
- Assessments of energy metabolism, body composition, and glucose control
- Blood draws and questionnaires
- Monetary compensation

## You may be eligible if you:

- Are between 18-55
- Have a BMI between 27-45
- Are not currently exercising more than 150 min/week
- Are not regularly practicing yoga currently
- Do not have any major comorbidities (e.g., diabetes, heart disease, etc.)

**Interested in learning more?**

Contact us at: [synergy@ucdenver.edu](mailto:synergy@ucdenver.edu) or on our website:



Principle investigator: Ann E. Caldwell, PhD  
COMIRB Protocol #21-3690 University of Colorado – Anschutz Medical Campus