

# Interested in increasing your amount of physical activity?



Anschutz Health  
and Wellness Center  
UNIVERSITY OF COLORADO  
ANSCHUTZ MEDICAL CAMPUS

Adults age 18-65 years needed for a CU Anschutz research study to help refine a physical activity support program.



## What you will receive:

- Participants will receive a free 12-week physical activity support program and access to an online fitness center
- Behavioral support for exercise from a trained facilitator for 12 weeks
- Assessment of physical activity, body weight, body composition, and cardiovascular health

## You may qualify for this research study if you meet the following criteria:

- Are a man or woman age 18-65 years
- Generally healthy without diabetes or heart disease
- Not currently exercising more than 150 minutes per week
- Body Mass Index of 25-45 kg/m<sup>2</sup>

Financial compensation  
provided



Take this  
survey to see if  
you qualify!

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COMIRB Protocol #: 22-2183

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