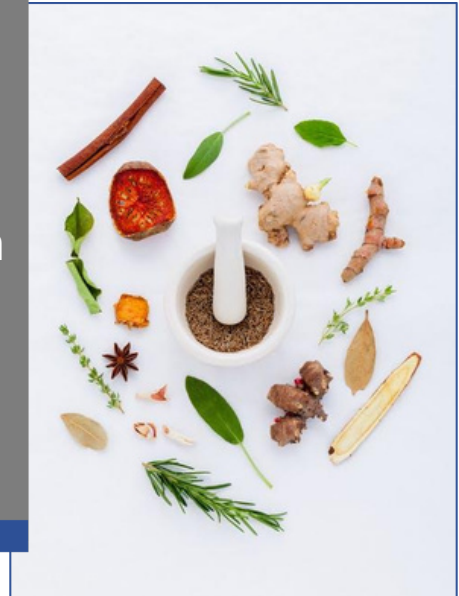# Time Restricted Eating Weight Loss Research Study

Join this CU Anschutz weight loss research study for adults age 18-65. Receive a free 12 month diet and exercise program.

YOU WILL RECEIVE:

1. Free weight loss program led by a registered dietician
2. A weight loss diet plan based on either daily calorie restriction or time restricted eating (limiting eating to an 8 hour window each day)
3. Assessment of body composition and lab values.

You may qualify for this study if you:

- 18-65 years old
- Have a body max index (BMI) or 27-45 (check it out at http://nhlbisupport.com/bmi/)
- Typical eating duration >12 hours during the day (for example, time of first food/drink intake at 6AM and time of last food/drink intake at 8PM = 14 hours eating duration)
- Own a smartphone
- No plan to relocate within the next 12 months

Financial compensation provided

If you are interested, please contact us!
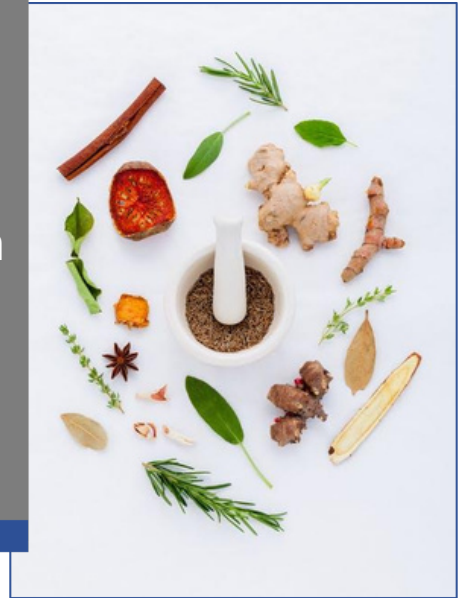
Use this link to see if you qualify:
https://redcap.ucdenver.edu/surveys/s=R7PD9TD4RDXAKL33

Email: Time2Eat@ucdenver.edu

Or apply here via QR code:

Anschutz Health and Wellness Center
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

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