Motivated to *lose* weight?

Interested in learning more about your health?

Join our research study!

**Benefits to you:**

- Medical exam with labwork
- Body Composition and Metabolic Rate measures
- Sleep and Physical Activity assessment
- Meals for two 10 day periods
- Meal replacements and counseling for weight loss
- Gym membership and Weight Loss Support Group

**Are you:**

- 25-50 year old male or female
- Weight stable with BMI between 30-40 -- check it here: [https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm](https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmi-m.htm)
- Generally healthy, without diabetes, sleep issues or heart disease.
- Willing to commit to an intensive 12 week weight loss program using meal replacements with or without exercise to lose weight
- Able to attend several study visits over one year including four overnight stays

**Check here to see if you qualify:**

[http://j.mp/2E16gma](http://j.mp/2E16gma)

Volunteers must meet all study criteria and be confirmed by study personnel

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**Financial Compensation**