

# Weight Loss + Exercise Study

**University of Florida researchers are currently recruiting for a new study looking at how weight loss and exercise might improve joints, muscles and health in women over 60 who are carrying extra weight**



**You may be eligible to participate if you are:**

- ✓ **A woman ages 60-75**
- ✓ **Currently overweight**
- ✓ **Currently doing little or no regular exercise**
- ✓ **In overall good health**
- ✓ **Able to participate in a group-based weight management program that involves 3 sessions per week**

**What is involved in participating?**

**Eligible participants will undergo 3 initial testing visits at UF, and will then participate in a group-based weight management program in their community. The program involves 3 weekly sessions of weight loss/nutritional guidance and supervised exercise sessions.**

**For more information, contact:  
UF Weight Management Program  
(352) 273-5919**

**IRB  
APPROVED**  
On 8/2/07 gm