Please consider participation in our Spring, 2020 study. The purposes of this study are to:
1) Determine if a blood test can identify individuals who will consistently lose weight with diet and exercise intervention.
2) Induce a gradual weight loss through a combination of nutrition intervention and exercise.

You may be eligible for this study if you:
• Are male or female between the ages of 18-60 years.
• Are classified as overweight/obese, determined by body mass index between 25 and 35. To calculate your BMI click https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm
• Are generally healthy and able to do physical activity and exercise.
• Available for testing and training sessions, each lasting roughly one hour over 14 weeks starting Tues., Jan 14.

You will be asked to:
1. Complete 3 testing sessions consisting of a body composition scan and blood draw.
2. Meet biweekly with a Dietitian.
3. Make small dietary adjustments for 12 weeks.
4. Exercise 4-5 days per week on your own time for 12 weeks.

Participants will receive:
• 12 week membership to the NDSU Wellness Center and parking.
• Payment of $250.00 upon completion of study.

To learn more about this study click HERE.

You cannot be in this study if you:
• Are pregnant or you perceive you may be pregnant.
• Currently smoke tobacco, e-cigarettes, or use smokeless tobacco.
• Have been told by a doctor that you have neuromuscular disease, diabetes, uncontrolled high blood pressure, or are being treated for cancer.
• Have previously had a heart attack or other chronic heart related conditions that are not controlled with medicine.
• Have difficulty moving without assistive devices or walking one-quarter mile.
• Are taking medications that influence muscle size (testosterone, growth hormone, etc.).
• Have had bariatric surgery.
• Have a body mass greater than 350lbs.
• Fear blood, blood draws, or needles or have had an adverse reaction to a blood draw in the past.
• Individuals with eating disorders are not eligible for this study.

This research is conducted under the direction of Dharmakeerthi Nawarathna, PhD, Electrical and Computer Engineering Department, and Kyle Hackney, PhD, and Sherri Stastny, PhD, RD, LRD, CSSD, Department of Health, Nutrition and Exercise Sciences. This project is funded by FAR0031893. This study has been approved by the NDSU Institutional Review Board #EN20014. If interested, please contact Dr. Stastny at sherri.stastny@ndsu.edu 701-231-7479.