“Diet and Exercise Weight Loss study”

We are conducting research to find out if certain dietary strategies and exercise have an impact on muscular health and body composition.

Seeking:

- Overweight/obese, non-smoking men and women aged 35 to 60 years
- Generally healthy and mobile without the need of assistive devices
- Not currently following a professionally developed dietary or exercise program

General Exclusions:

- Are pregnant or perceive you may be pregnant
- Have a neuromuscular disease, diabetes, high blood pressure, being treated for cancer, or previously had a heart attack or chronic heart related conditions that are not controlled
- Are taking medications that influence muscle size (testosterone, growth hormone, etc.)
- Have had bariatric surgery, or over 350lbs

1) Other exclusions may apply

You will be asked to:

2) Complete body composition, and muscle strength assessments.
3) Perform concurrent exercise training 3 days per week for 8 weeks.
4) Record food and beverage intake for 3 days (4 separate weeks).
5) Track physical activity for 7 days via accelerometer (3 separate weeks).

Participants will receive:

- *2 month membership to the NDSU wellness Center*
- *3 personal training sessions per week for 8 weeks at the NDSU Wellness Center*
- *Parking passes for 3 days per week*
- *Payment of $200.00 upon completion of all study testing!*

This research is conducted under the direction of Kyle Hackney, PhD, Dr. Sherri Stastny, PhD, Steven Mitchell, MD, and Shannon David, PhD from Department of Health, Nutrition and Exercise Sciences. This project is funded by the Great Plains IDeA-CTR Network from the National Institute of Health (NIH)- National Institute of General Medical Sciences (1U54GM115458-0). This study has been approved by the NDSU Institutional Review Board#HE18247. If interested, please contact Christopher Kotarsky at christopher.kotarsky@ndsu.edu or 216.956.5412.

Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study	Christopher Kotarsky christopher.kotarsky@ndsu.edu Time-Restricted Feeding Study