

PARTICIPATE IN WEIGHT LOSS STUDY

AND RECEIVE FREE CLINIC MEMBERSHIP VALUED AT \$850

Does the timing of your meals affect your weight and body fat levels? UAB is conducting a 14-week study to see if changing your mealtimes can help you lose more weight and body fat. We are looking for people who are overweight, 25-75 years old, do not have diabetes, and are new patients at the UAB Weight Loss Medicine Clinic to participate in this important study. It is being conducted jointly by the UAB Weight Loss Medicine Clinic and the UAB Department of Nutrition Sciences.

If you participate, you will be assigned either to eat early in the day or throughout the day, and we will measure whether your mealtimes affect how much weight you lose, your body fat and muscle mass, and your risk of diabetes and cardiovascular disease. If you participate in the study, we will give you a free one-year Weight Loss Medicine Clinic membership (valued at \$850), which includes weekly group classes to help you lose weight; monthly one-on-one weight loss counseling during the study; body fat assessments; and testing for your risk of diabetes and cardiovascular disease.

If you are potentially interested or would like more information, please contact either Humaira (humairaj@uab.edu, 205-934-5458) or David (dbryan@uab.edu, 205-975-0269).