If you are an overweight female (BMI = 25-39.9 kg.m$^{-2}$) between the age of 25 and 44 and would like to improve your health, we are evaluating the effects of 12 weeks of exercise alone or exercise + counseling on weight loss, fitness, cholesterol, triglyceride, blood sugar levels, behavior and mental health.

If you meet the criteria for the study you will receive:

- Blood pressure assessment at rest and during exercise
- Body composition assessment
- Fasting blood lipid, insulin and glucose profile
- 12 weeks of counseling
- Aerobic fitness assessment
- Health Education
- 12 week supervised walking exercise program
- Physical activity (kcal) measurement
- Compensation of up to $300

If you are interested in participating in this study please contact:
Dakota (study co-ordinator) at Ph: 205-996-1656 or Email: CALMStudy@uab.edu, or Dr. Jane Roy (principal investigator) at Ph: (205) 934-1757