

**THE
MOVE
MENT**

through the Department
of Human Studies.



COUNSELING AND EXERCISE (CALM) RESEARCH STUDY

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