



Exercise and Weight Control

Researchers at the University of Kentucky are inviting you to participate in a 12-week exercise program to better understand how exercise could be used most effectively to promote weight control. Participants will be compensated \$150 for their time.

You may be eligible to participate if you:

- Are between the ages of 18-40 years;
- Do not use tobacco products;
- Do not have injuries or disabilities that prevent you from exercising;
- Are not pregnant;
- Are healthy enough to exercise; and
- Do not currently exercise.

For more information, please contact:

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