



**HUMAN CLINICAL
RESEARCH FACILITY**
TEXAS A & M UNIVERSITY

Want to participate in a supervised exercise program to improve your health and fitness?

Women Needed for a Study!

Are you between 18 and 50 years of age and need to lose weight?
Do you want to get in shape and improve your health and fitness?

If so, you may be eligible to participate in an exercise and nutritional supplement intervention study. Researchers in the Exercise & Sport Nutrition Laboratory (ESNL) at Texas A&M University are recruiting approximately 40 sedentary females to participate in a study. Eligible participants will receive supervised cardiovascular and resistance training plus \$300 for completing the study. Four visits throughout about a 12-week period will be required.

For more information:

Exercise & Sport Nutrition Laboratory (ESNL)
Department of Health & Kinesiology (HLKN)
Human Clinical Research Facility (HCRF)
675 John Kimbrough Blvd., Suite #206
979-458-1715
esnl@tamu.edu

The HCRF and the Exercise & Sport Nutrition Lab received approval to resume human participant research from the VPR's office (June 1, 2020), Department of Health & Kinesiology (June 6, 2020), and College of Education and Human Development (June 17, 2020).

TAMU IRB#: IRB2020-1443F: IRB Approval Date: 02/25/2021