



# **EXERCISE & SPORT NUTRITION LABORATORY**

TEXAS A & M UNIVERSITY

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

### *Men & Women Needed for a Study*

Are you between 30 and 65 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 120 sedentary and overweight males and females to participate in a study. Eligible participants will receive supervised cardiovascular and resistance training plus \$100 for completing the study. Four visits throughout about a 12-week period will be required.

### For more information:

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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).