Research subjects needed to participate in a Weight Loss Study

Are you:

30 - 55 years old? Overweight and sedentary?

A nonsmoker?

Interested to lose some weight over two weeks?

If so, please contact Dr. Qiong Hu at (573) 884-2014, (301) 364-8249 or email huqi@missouri.edu for more information about a scientific study conducted by researchers in Department of Nutrition and Exercise Physiology at MU. The focus of the study is to determine the amount of weight that can be lost over a 4-week period using commercial food products and self-prepared meals and impact of weight loss on the blood vessel function.

Participants will be provided with two-week worth of food and instructions for self-prepared meals. Study visits could be scheduled on either weekdays or weekends. Participants will be compensated for their time.