



# Weight Loss Study

## for patients in a military health care system !

- We are currently seeking participants to take place in a weight loss study that studies the use of appointments with professionals: ie. dietitian, exercise physiologist and behavioral health and or the use of an accelerometer (a device that measures physical activity by movement) in decreasing body weight.
- **Potential benefits:** professional recommendations on weight loss, usage of accelerometer to measure physical activity and weight loss.
- **Time commitment:** The study will take place over a 6 month period , 5 visits with Investigators and additional 12 visits for those seeing all of the multidisciplinary team for a total of 30-60 minutes each session.
- **To Qualify:** You must have a body mass index (BMI) of >25 and able to move around freely without the aid of a wheelchair.

**For enrollment in the study please contact:**      **Principal Investigator: Travis Combest (202) 782-1249**

**Associate Investigator: Robert Goldberg (202) 782-5709, Associate Investigator: Asha Jain (202) 782-5625**