

# STUDY PARTICIPANTS FOR EXERCISE & INSULIN RESISTANCE RESEARCH VOLUNTEERS

As Thanks to Participants,  
You Will Receive:

- **FREE** FITNESS ASSESSMENT.
- **FREE** NUTRITIONAL ASSESSMENT.
- **\$100.00** PARTICIPANT INCENTIVE\*.  
*\*must complete study.*



Eligible to Participate?

COMPLETELY VOLUNTARY

WOMEN Only • POST MENOPAUSAL

NORMAL TO OVERWEIGHT • SEDENTARY • NON-SMOKER

NO TYPE II DIABETES • NO CORONARY ARTERY DISEASE

NO HORMONE REPLACEMENT THERAPY (HRT)

TIME COMMITMENT: 20 HOURS TOTAL OVER 4-5 WEEKS



Contact & Sign-up:

H. GEORGE PHILIPPI • 540.831.7743

DATE: \_\_\_\_\_ • Time: \_\_\_\_\_

PETERS HALL • ROOM: \_\_\_\_\_

HEALTH AND HUMAN PERFORMANCE

RADFORD UNIVERSITY

Radford, VA 24142

