

# WEIGHT MAINTENANCE RESEARCH

Do you want to know  
more about the

**PHYSIOLOGY OF YOUR BODY**

## PARTICIPANTS WANTED FOR UCT RESEARCH

The Exercise Science and Sports Medicine division of UCT is looking for Participants to take part in a research study looking at physiological and behavioral changes associated with weight maintenance after significant weight loss

## REQUIREMENTS

- **Women aged 25-45**
- **Lost 10% of weight within last 2 years**
- **Had a BMI over 30 before weight loss**
- **Women aged 25-45**
- **Currently have a BMI below 32**
- **Have remained weight stable over the last 5 years**

## BENEFITS

Participants will be incentivized (R600-R700) upon completion and receive a full report on all testing procedures:

- **Metabolic rate test**
- **Blood tests**
- **Cognitive function**
- **Brain fMRI**

# WEIGHT Maintenance

**IF You are INTERESTED and want to know more CONTACT:**

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