

## Study Purpose

- To understand how lifestyle changes assist with the prevention of obesity and type 2 diabetes.
- To examine the effect of weight loss and exercise training on the way your body uses blood sugar and fat.

**FOR MORE INFORMATION ABOUT  
THIS PROGRAM, PLEASE CALL THE  
RECRUITMENT HOTLINE AT  
410-605-7179  
mention code IRIS  
OR VISIT  
<http://peppercenter.umaryland.edu>**

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## Benefits of participation

- You will get a comprehensive health evaluation.
- Learn how to reduce your risk factors for heart disease and diabetes.
- Educational nutrition classes with a registered dietician.
- Personalized exercise sessions three times a week, supervised by an exercise physiologist.

The Center is a partnership of the following organizations:



## IRIS An Exercise, Diet & Inflammation Research Study



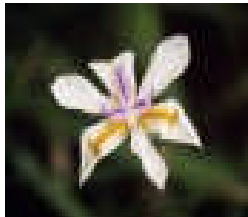
University of Maryland, Baltimore  
School of Medicine  
Division of Gerontology  
VA Maryland Health Care System  
Geriatric Research, Education &  
Clinical Center



**GRECC**  
The Geriatric Research Education  
Clinical Center

## Did You Know:

- Approximately 65% of the population is either overweight or obese.
- Approximately 75% of adults do not eat the recommended servings of fruits and vegetables each day.
- More than 50% of American adults do not get enough physical activity to provide health benefits.
- Inflammation is one of the body's defense mechanisms which protect us against external and internal toxins
- Several factors have been linked to an increased state of inflammation: increase body mass index (BMI), food intake, decreased physical activity, environment, and genetics.



## You may qualify to participate in this study if:

- You are a man between the ages of 45- 80.
- You are a female between the ages of 45-80 and have been menopausal for at least 1 year.
- You are a **NON**-smoker.
- You do not have a history of cardiovascular disease.

The GRECC is located at the Baltimore VA Medical Center and provides a safe and effective weight loss program. The staff includes registered dietitians, physicians, nurses & exercise physiologists to monitor your health, safety & provide motivational support.

## Research Schedule

Below is an outline of the program.

- **Screening:**
  - 2 visits ~ 3.5 hrs total
- **Baseline testing**
  - 8- 10 visits ~ 20-25 hrs
- **Exercise and/or Diet Program**
  - 6-8 months of exercise or nutrition classes (meet with dietician 1/week or exercise 3/week)
- **Post-testing**
  - 8-10 visits ~ 16.5 hrs
- **Maintenance phase**
  - 6 month period (meet with dietician biweekly, exercise 3/week)
- **Post-Maintenance Testing**
  - 2 visits ~ 8 hrs



