

Study Purpose

- To examine the relationship between stress, body weight lifestyle, mental and physical function, and risk factors for diseases such as diabetes and heart disease.
- To test the effects of a yoga and nutrition education program on stress reduction, eating behavior, mental and physical function, and risk factors for heart disease and diabetes.

Benefits of participation

- You will get a comprehensive health and physical fitness evaluation.
- Educational nutrition classes with a registered dietician.
- Yoga sessions two times per week for three months at The Yoga Center of Columbia.

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

The Center is a partnership of the following organizations:



Postmenopausal Women, Yoga & Health



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 American adult population is either overweight or obese.
- Almost 40% of women between the ages of 40-59 are considered obese.
- Overweight or obese women have a higher risk of heart disease and type 2 diabetes.
- Weight gain and increased levels of stress in postmenopausal women lead to increased risk of heart disease, and affect mental and physical function, eating behavior and body weight.
- 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.

You may qualify to participate in this study if:

- You are a healthy female.
- You are under 60 years old.
- You are 1-5 years postmenopausal.
- You are not taking any medications.
- You are NOT currently practicing yoga.

The GRECC staff at the Baltimore VA Medical Center includes registered dietitians, physicians, nurses & exercise physiologists to monitor your health, safety & provide motivational support.

Research Schedule

Below is an outline of the research study.

- **Screening**
 - 1 visit ~2 hrs
- **Research testing phase 1**
 - 6-8 visits ~15-20 hrs
- **Yoga and Nutrition education**
 - 3 month intervention (attend two yoga sessions per week and one nutrition education session per week at The Yoga Center of Columbia)
- **Research testing phase 2**
 - 6-8 visits ~ 15-20 hrs



