

S.T.R.O.N.G.

Strength Training Routine to fight Obesity and Non-activity for Gentlemen



We are looking for **MEN who want to lose weight and become more fit**. We invite you to join an exercise research study looking at how strength and conditioning exercise may help possibly lose weight and reduce the risk of prostate cancer. If eligible, you will be part of this research study for 8-weeks. As an eligible participant you will have the opportunity to learn more about your health.

You may be eligible if you are:

- Male and between ages of 35-65 years old
- Currently inactive (less than 60 minutes a week of exercise)
- Able to come to a community site located by the Navy Yard metro. You may be asked to attend 3 or more 1-hour long sessions at this site

To find out if you are eligible please call: 202-687-3213

or email: bhk26@georgetown.edu

