

# Would you like to take part in a study to help establish effective weight loss and maintenance strategies?



## INTAKE Study

The acute effects of exercise on appetite regulatory hormones, appetite perceptions and ad libitum energy intake in lean vs. obese men and women

### To participate in our study you must be:

- Aged 18 – 50 years
- Moderately active or inactive
- Have a BMI between 18.5-24.9 or 30-39.9
- Have a blood pressure less than 160/100
- Weight stable and not following a special diet
- Non-smoker
- Not currently taking anti-inflammatory medications
- Have no history of gastrointestinal/inflammatory/psychological/cardiovascular/metabolic disease such as diabetes
- If female:
  - Premenopausal
  - Not pregnant

**IF YOU ARE UNSURE OF THESE PLEASE  
GET IN TOUCH AND WE CAN CHECK**

If you meet the criteria and would like to know more about this study  
please don't hesitate to get in touch with us

**Study Administrator ([A.Stanley@lboro.ac.uk](mailto:A.Stanley@lboro.ac.uk))**

**Ms Jessica Douglas ([J.Douglas@lboro.ac.uk](mailto:J.Douglas@lboro.ac.uk)) Tel: 01509 226351**



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