

LIFESTYLE AS MEDICINE

RESEARCH

YOU ARE ELIGIBLE TO PARTICIPANT IN THIS RESEARCH IF:

- You are at least 18 years old
- Able to read and write English
- Have regular access to high-speed Internet
- On medication for a chronic disease such as high blood pressure, diabetes, cholesterol or a similar chronic condition
OR
are considered overweight
- Willing to fill out surveys and provide blood samples
- Have not been told by your medical provider to limit your physical activity
- Live in southeast or central Ohio

Benefits of Participating in this Research:

- You may lose weight
- You may experience a decrease in your blood pressure rate
- You may experience a decrease in your bad cholesterol level
- Your mood may improve

Study Participants receive:

- Stress reduction information and resources
- How to easily prepare nutritious and satisfying plant-based meals
- How to incorporate light to moderate physical activity into your daily routine

Study participants will receive up to \$75 and a personalized dietary analysis at the end of the study

**For more information call
OU-HCOM Primary Care Research
740-593-1136 or email JensenL@ohio.edu**

