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## Appendix A

### Newspaper Articles

Please refer to the Roanoke Times Newspaper (New River Valley Section), Thursday, December 13, 2001 for the article.

Please refer to the Virginia Tech Spectrum Newspaper, Volume 24, Number 13, Friday November 20, 2001 for the article.

## Appendix B

### Study Screening Website



# Virginia Tech Active For Life Study

for more information  
contact llutes@vt.edu +1 540.2

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## Welcome

Welcome to the research page for the Active 4 Life exercise, nutrition, and activity study from the Center for Research in Health Behavior in the Psychology Department and the Department of Human Nutrition, Foods, and Exercise at Virginia Tech!

### In Brief

Many people cite lack of time for exercise and feelings of frustration why they do not stick to weight loss programs.

Emerging research has shown that modest reductions in food intake exercise have led to continued weight loss and/or maintenance over period.

Further, a recent study shows that using specific, prescriptive, short aerobic and strength training protocols can result in significant increase in strength and fitness with minimal training time per week.

Together, these two elements may help break barriers to exercise and weight management.



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### The Study

This is a 12-15 week aerobic and strength-training program, with a activity program, followed by a 12-15 week follow-up period. Follo testing procedures (which are outlined below), participants will be placed into one of three possible groups.

#### Group #1

This group will participate in an aerobic and strength training progr week, at our private exercise lab located on North Main Street with personal-trainer. In addition, this group will receive a nutrition and education program.

#### Group #2

This group also will receive the aerobic and strength program outlin with a new promising weight management and activity plan focused long-term nutrition and activity behaviors.

The nutrition program will involve meeting with a nutritionist once week for 15 minutes immediately following the exercise session.

Participants in this group will need to keep records of their daily ac involves writing the total number of steps accrued on the step coun of the each day).

In addition, participants in this group will exercise in different locat area. Further, participants will be asked to bring family and/or frie center one time in order to discuss ways to support new activity an behaviors.

For both exercise groups, an aerobic and strengthtraining progr developed based on individual levels of fitness and strength. Eac session will include both an aerobic and strength training compo Together, each session will last approximately 30 minutes.

#### Group #3

For the first 24 weeks, participants placed in this group will serve a wait-list-control comparison. During this time, individuals in this gr not to change any of their current activity or dietary habits. Howev this period, all individuals in this group will receive an exercise and program.

#### Assessment Procedures

Participants will be asked to complete the following procedures at times with privacy and confidentiality protected: 1) before starting 12-15 weeks after the beginning of the study, and 3) 24-27 weeks after beginning of the study:

- Complete self-report questionnaires in regards to current activity related quality of life, mood, and confidence in completing a different activities.
- Complete a self-report nutritional diary of daily food intake for a period.
- Monitor daily activity through the use of a pedometer for a 7-day period. A pedometer looks like a small pager and clips onto your belt or measures daily activity.
- Complete a strength test in order to determine your current 1RM strength.
- Allow us to take your resting blood pressure.
- Allow us to take a small finger sample of blood in order to determine current level of cholesterol.
- Allow us to obtain a small venous blood sample in order to measure how the cardiovascular system is adjusting. In addition, in order to determine glucose levels, we ask that you fast for a period of 12 hours in order to obtain a fasting blood sample.
- Complete a Bone Density test in order to determine your current bone density around the midsection of your body. You will need to lie on a table tilted at a slight angle for optimal scanning. A certified technician will perform the test.
- Allow us to complete body composition measurements including weight, body circumferences, and percent body fat.
- Complete a bicycle exercise test of approximately 8-12 minutes at your maximal capacity in order to assess your current level of aerobic capacity. In order to measure how much oxygen you use during exercise, you will breathe into a lightweight rubber mouthpiece. In order to ensure safety, there will be an emergency medical technician present during the tests.

Together, these procedures will take approximately 2.5 hours at each of the outlined times.