



School of Pharmacy and Medical Sciences,  
Division of Health Sciences

# Would you like help to lose weight?



## VOLUNTEERS NEEDED

### Effects of weight loss using week-on, week-off strategy compared to continuous dieting.

We will be looking at the effect of intermittent compared to continuous energy restriction on weight loss for a total of 8 weeks dieting followed by a weight maintenance period (total study duration 12 months)

#### We would like to hear from you if you are:

- Over 18 years old
- Overweight and want to lose weight



If you would like to learn more, please contact us for further information:

[Sansom.researchvolunteers@unisa.edu.au](mailto:Sansom.researchvolunteers@unisa.edu.au); phone 8302 1365

Dr. Eva Pedersen: [eva.pedersen@unisa.edu.au](mailto:eva.pedersen@unisa.edu.au); phone 8302 1025

University of South Australia, East Campus, North Terrace, Adelaide, SA 5000

*This study has been approved by University of South Australia, Human Research Ethics committee.*

Weight loss using week-on, week-off strategy -- 8302 1365 or 8302 1025

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