

Eligibility Criteria
<p>Willing to participate in a 12-month study</p> <p>Independently Mobile (no cane, walker, wheelchair needed)</p> <p>Can participate in regular exercise</p> <p>No psychiatric hospitalizations within the past year</p> <p>No cognitive or sensorimotor impairment</p> <p>Cannot participate in a structured diet program outside of study</p> <p>Cannot be at high risk for adverse CVD events while exercising</p> <p>Considering making changes to lose weight in the next 6 months<sup>1</sup></p> <p>Absence of any substance abuse, mood, or binge eating disorder that would interfere with adherence<sup>2</sup></p> <p>Must experience chronic pain (<math>\geq 4</math> on the NRS-I scale for <math>\geq 6</math> months prior to enrollment)</p>

<sup>1</sup>As measured by the Exercise and Weight Stages of Change Form

<sup>2</sup>As measured by the PRIME-MD