

Generic Postcard Front

The average American gains 30 pounds between the ages of 18 and 35.

# Don't settle for average.



STUDY OF NOVEL APPROACHES TO PREVENTION

Generic Postcard Back

## Want to fit in your current pant size in 15 years?

**JOIN SNAP TODAY**

The University of North Carolina Weight Research Program is recruiting for a no-fee research study in your area that provides 18-35 year old men and women with tools to prevent weight gain. You'll receive personalized feedback on your calorie expenditure, blood pressure, body fat percentage and cholesterol levels PLUS a detailed analysis of your diet and exercise patterns. Our team of professionals will help you create strategies for a healthier future. Modest weight loss can be expected.

If you are interested in participating, please go to [www.snapaverage.org](http://www.snapaverage.org) for more information and to see if you would be eligible to participate.



**No fads, no gimmicks, no fees.**  
[www.snapaverage.org](http://www.snapaverage.org)  
or call (919) 966-5852

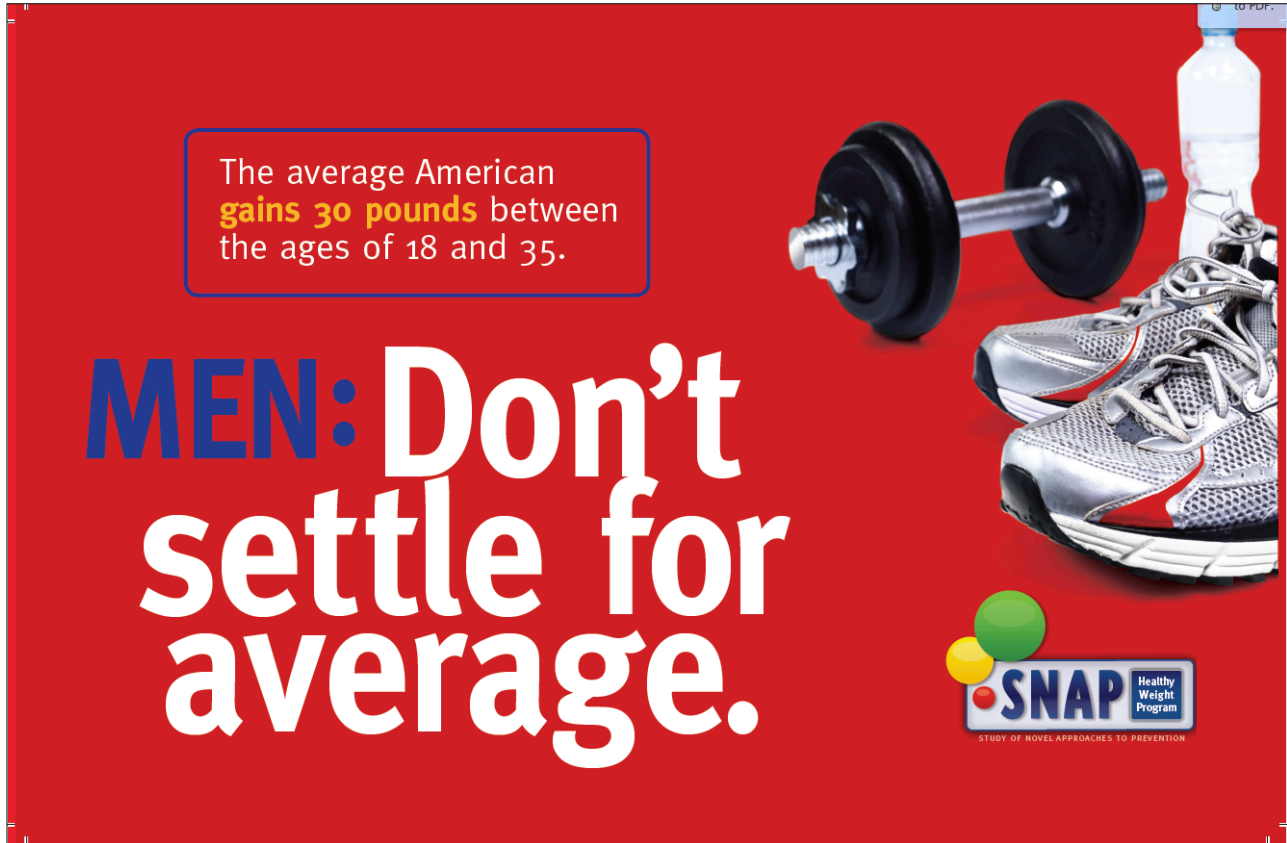
 THE UNIVERSITY of NORTH CAROLINA at CHAPEL HILL  National Institutes of Health

The SNAP Healthy Weight Program is Funded by the NIH and is Presented Locally by the The UNIVERSITY OF NORTH CAROLINA.

UNC Weight Research Program  
[www.uncweightresearch.org](http://www.uncweightresearch.org)  
1700 Martin Luther King Jr. Blvd., Suite 136  
Chapel Hill, North Carolina 27599-7294

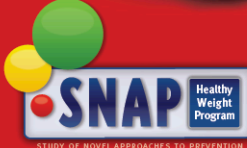

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Targeted Postcard Front



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# MEN: Don't settle for average.



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# Beat the odds.

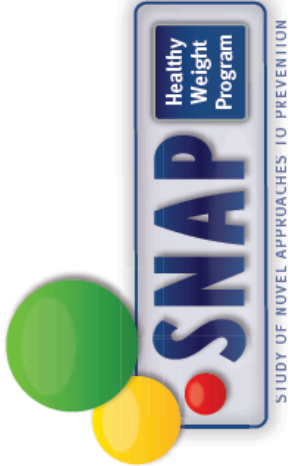


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National Institutes of Health



# Want a winning strategy for a healthier future? Join SNAP, a no-fee healthy weight control program.



## What are the benefits of participating?

In addition to small monetary incentives for completing study related visits, the following will be provided to you free of charge for your participation in SNAP. In a health care setting, these could cost you thousands of dollars and are often not covered by insurance:

- Expertise of weight control professionals (nutritionists, exercise physiologists, physicians, health educators, psychologists, nurses) who will help you to adopt strategies for weight control.
- Personalized feedback on your blood pressure, percent body fat, cholesterol, glucose, insulin and energy expenditure periodically throughout the study.
- Detailed analysis of your dietary intake and physical activity periodically throughout the program.

Funded by the National Institutes of Health and brought to you by leading researchers at the University of North Carolina at Chapel Hill, Miriam Hospital/The Warren Alpert Medical School of Brown University, and Wake Forest University, SNAP is a cutting-edge research study that teaches strategies for healthier lifestyles and prevention of young adult weight gain which can have a negative impact on health and well-being.

You can also learn and adopt strategies that will help you to prevent dangerous weight gain and promote a healthier lifestyle for today and the future which may mean:

- Preventing obesity
- Preventing chronic diseases
- Being able to fit in the same size in the coming years
- Healthier habits for better health and fitness
- **A body and lifestyle that makes you proud!**

*“This program helped me think critically about what I was eating and the choices I make. Rather than thinking of a “diet,” I just consider my options every day. It’s OK to eat pizza, ice cream, chips, etc. but that means that I just have to be healthier at the next several meals. It sounds clichéd, but this program taught me the importance of lifestyle changes.”*

—Sarah N.

## Am I eligible for SNAP?

You may be eligible if you are:

- Between the ages of 18 and 35
- Normal to moderately overweight (BMI 21-30, use the BMI calculator at [snapaverage.org](http://snapaverage.org) to find your BMI)
- Living within easy driving distance of Raleigh-Durham-Chapel Hill, NC areas or the Providence, RI
- Willing to participate in this important research study

Additional eligibility criteria apply.



**For more information, visit us at [www.snapaverage.org](http://www.snapaverage.org) or call (919) 966-5852**

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National Institutes of Health



Healthy  
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SNAP

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