

MIGHTY

*Do you have a mobility-related disability?
Looking to lose weight?*

We are offering a research weight management program that provides:

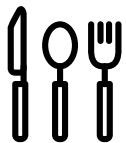
- diet plan
- physical activity
- social interaction without leaving your home!



All participants must be over the age of 18 and willing to:



- Be randomized to either
 - Individual home visits
 - Group participation via video conferencing



- Track food and beverage intake
- Participate in physical activity according to randomization

Participants will learn behavioral strategies from a trained health educator. Participants will receive compensation for their participation in the study. No travel is required.

For more information contact:

Trish Smith at mighty@ku.edu or call 785-764-1312 or visit www.ebl.ku.edu/mighty.

Individuals must live within 50 miles of Kansas City or Lawrence.

This program is 18 months and takes place in the home.