



DO YOU HAVE OR ARE YOU AT RISK OF METABOLIC SYNDROME?

People who have or are at risk of metabolic syndrome have at least two of the following:

- high blood pressure
- diabetes/pre-diabetes
 - abdominal obesity
 - high triglycerides
 - low HDL-cholesterol

Researchers from UPEI's Health and Wellness Centre and the Department of Applied Human Sciences are seeking people who have or are at risk of metabolic syndrome to participate in a free nutrition and exercise program called CHANGE (Canadian Health Advanced by Nutrition and Graded Exercise) in communities across Prince Edward Island.

Individuals will participate in a supervised exercise training program, based on their fitness, skill level, and personal interests, and receive nutrition counselling and education.

The CHANGE program was created by Metabolic Syndrome Canada (www.metasc.ca). To sign up for the CHANGE Program, please contact the CHANGE team at 902-620-5156 or email change@upei.ca.

This research project has received approval from the UPEI and Health PEI Research Ethics Boards. If you have any concerns about this study, please contact the University of PEI Research Ethics Board (902) 620-5104, or by e-mail at reb@upei.ca. You can also contact principal investigator Marilyn Barrett at (902) 566-0355.



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