



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

People who have or are at risk of metabolic syndrome have at least three 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 supervised 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.

You may qualify if you

- are at risk of or have metabolic syndrome
 - are 18 years of age or older
 - speak/read English
- have not had a diagnosis of dementia or are not undergoing active cancer treatment

The CHANGE program was created by Metabolic Syndrome Canada (www.metsc.ca).

To sign up for the CHANGE Program, please contact the CHANGE team at 902-620-5156 or email ancarter@upei.ca and/or jpomeroy@upei.ca. For more details about the study, please contact Marilyn Barrett at 902-566-0355 or email at mbarrett@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.

The study is funded by generous donors to the UPEI Outreach Fund and implemented with assistance from UPEI Health and Wellness Centre staff.