

# Research Study



Given enough exertion everyone gets breathless, but if you don't regularly exercise or are overweight, then breathlessness with exercise may occur more quickly. This research study investigates the effect of exercise training and weight loss on breathlessness during exercise in obese individuals.

**If you are interested in participating in this research study, please call:  
Raksa, BSN, RN  
214-345-6574**



## **Participants will receive:**

- Body Fat Measurements
- Pulmonary Function Tests
- Compensation for participant's time
- A 12-week personalized Exercise Training or Weight Loss Training program

## **Qualifications for this research study are:**

- Women 20 to 45 years old
- Mild to Moderately obese
- Experience breathlessness during exercise
- Non-smoker without asthma or diabetes



For more information call: Raksa, BSN, RN  
Institute for Exercise & Environmental Medicine

Texas Health Presbyterian Hospital Dallas with UT Southwestern

**(214) 345-6574**

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