



# The CaREFREE Study

## Calorie Restriction, Environment, and Fitness: Reproductive Effects Evaluation

Please join the CaREFREE Study. This important research will teach us how nutrition, fitness, and the environment affect women's reproductive cycles.

Participants who complete all study steps will be compensated up to \$1,250.

### Who can participate?

- Healthy women between the ages of 18-28 living in the Raleigh-Durham-Chapel Hill area
- Regular menstrual cycles for the past three months
- Not using hormonal birth control
- Never given birth
- Not pregnant, breastfeeding, or planning on becoming pregnant for the duration of the study
- Not dieting or actively trying to lose weight during the past three months

### What's required?

- 9-10 study visits over three to four months
- Physical exam, blood, urine, and ovulation tests
- Physical fitness and body composition assessments
- Meal and exercise plan; nutritional shakes, bars, and cookies provided
- Quick and easy tracking of your menstrual cycle
- Self-provided transportation to NIEHS Clinical Research Unit in Research Triangle Park, North Carolina, and the University of North Carolina at Chapel Hill



### For more information about this research study:

Call 1-855-MYNIHES or email [carefree@mail.nih.gov](mailto:carefree@mail.nih.gov)

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