

# Call For Participants



NoHoW: Evidence based ICT tools for weight loss maintenance

18 month(s) to complete

Fitbit, Fitbit Aria scales, £15 Love to Shop voucher x 2

Experiment

Lifton Pl, Leeds LS2 9JZ, UK

University of Leeds

The Human Appetite Research Unit (within the School of Psychology) are looking for volunteers to join the NoHoW (Navigating to a Healthy Weight) study which is an EU-funded clinical trial testing how state of the art technology can help people maintain weight loss. You will receive a Fitbit Charge 2 wrist worn activity meter, a set of Fitbit Aria Wi-Fi Smart Scales and access to a web based toolkit which provides individualised information through an intuitive dashboard.

Find out more online

Poster printed on 06/05/2024 Study expires on 30/09/2017

## More info

by scanning the QR code  
or visiting the URL

# www.cfp.cc/VVLJJC3

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