

**APPROVED**

PROTOCOL #: **2021-0832**

DATE: **09/08/2021**



UNIVERSITY OF ILLINOIS AT CHICAGO  
INSTITUTIONAL REVIEW BOARD

## Research Study

# Exercise Program for U.S. Veterans

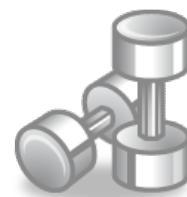
Be part of an important research study!

- ✓ Are you over the age of 18?
- ✓ Do you suffer from pain, fatigue, low energy levels, or are unable to physically do things you once were able to do?

If you answered yes, then you might qualify to participate in a study that looks at the benefits of an exercise program in U.S Veterans.



This research is conducted by Dr. Enrico Benedetti, from the Department of Surgery, at the University of Illinois at Chicago. The purpose of the research study is to investigate whether the exercise program (GH Method) positively affects body composition, improves physical abilities and improves the overall sense of well-being (depression, PTSD, etc.) in U.S. Veterans.



Participation in this study will last 18 months.

For more information and to see if you qualify, please *contact*:

**Ilaria Santi** at 312-285-9653 or [isanti@uic.edu](mailto:isanti@uic.edu)

Disclaimer- The research described (above/below) is not VA research and is not funded, conducted, or endorsed by the Department of Veteran's Affairs or the JBVAMC facility. The research was not reviewed by the Jesse Brown VA Institutional Review board (IRB). However, the information has been accepted for distribution in this facility for informational purposes only. If a veteran enters the research study, the Jesse Brown VA is not responsible for any costs incurred by the veteran.

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653

Ilaria Santi  
[isanti@uic.edu](mailto:isanti@uic.edu)  
312-285-9653