

OVULATING?

- Remember to call Maureen at 612 508 3007 or 612 624 4959 when you get a positive with the ovulation kit.
- Testing with the ovulation kit is best done in the afternoon at the same time each day.
- Read the test between 3-5 minutes to see if you got a positive.

KEEPING  
TRACK

Clinic Visits

Start of  
period (Day 1)

End of period

Ovulation  
testing

Positive  
ovulation

Signs and  
symptoms

Exercise  
schedule

## 20 months down, 14 months to go!

The WISER Study is making strides! As we start another calendar year and a brand new semester here at the University, we wanted to offer some updates on the study to let you know what you are contributing to. To date we have

**A Summary of the WISER Study Recruitment totals this far in the trial** **completed 131 participants.** This is about one third of our end goal of

400. We have put **207 into either the control group or the exercise group.** This means that they have also finished their baseline or beginning data.

Our trainers are working hard to keep track of all of **the 110 exercisers** that have come

through the study so far. The YWCA of Minneapolis and the University Recreation Centers in Minneapolis and St. Paul continue to be great partners in the study effort. Thanks Beth, Amanda and Dawn!

We are still actively recruiting for the study for another 14 months. We'll be hosting orientations 2-3 time each month. Please send us your friends and family who qualify. I am sure all of you know, but I'll remind you of the eligibility requirements.

Must be a woman, 18-30 years old, non smoker, moderate drinker, generally healthy; Must not be taking hormonal birth control and is not pregnant or breastfeeding

or planning to become pregnant in the next 6 months; Must be sedentary (exercise less than 3 times per week).

Please send people to our website [www.wiserwomen.umn.edu](http://www.wiserwomen.umn.edu) Or have them call Laura at 612-625-8693 if they are interested and think they might be eligible.

We plan to finish up recruiting in February of next year, if all goes according to plan. Results will follow a year or more after that. If you have more immediate questions related to the study, please do not hesitate to contact any of the study staff to help you.

On behalf of the WISER Staff and Principal Investigator's, we appreciate your help as part of the WISER Team! We look forward to learning more about women's health with you.

## WISER Women Website -- always available!

[www.wiserwomen.umn.edu](http://www.wiserwomen.umn.edu) has all the answers that the WISER Staff have! If you are ever out of a form, you are traveling and forgot your handbook or the staff haven't been able to get back to you, you won't have to miss a beat!

Remember that the WISER women website that started you out in the in study, is a resource throughout the study. Download blank menstrual logs, food records or exercise logs. Get contact information for all staff and trainers. Find links to all topic related infor-

mation. This website is there to assist you as you go through the study. Put it in your online book marks or your palm pilot; write it in your planner so you will never be without it!

[www.wiserwomen.umn.edu](http://www.wiserwomen.umn.edu) for all your WISER Study information!