

Healthy Mom → Healthy Baby → Healthy Family

Welcome!



Join Us!

Northwestern University Feinberg School of Medicine is conducting a research study to prevent excess weight gain during pregnancy and after. JOIN us!

Congratulations! You're expecting!

Want a fit and healthy pregnancy without gaining too many pounds? Let MOMFIT help! Develop a lifestyle good for you, your baby and your family! Join MOMFIT!

MOMFIT offers free parking, flexible appointments and incentives.

**Join Us TODAY! Please contact:
Niki Gernhofer**

**Study Coordinator, MOMFIT
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Chicago, IL 60611
Phone: 312-217-7475**

E-mail: momfitrecruit@northwestern.edu



Are you eligible?

- **Delivery at Prentice Women's Hospital?**
- In your first trimester?
- Between ages 18-45?
- Your doctor says you weigh more than you should?
- Conceived naturally (without in-vitro fertilization)?
- Expecting one baby?
- Do not smoke?
- Do not have diabetes?
- Can attend study visits and classes?
- Have access to Internet and Smartphone?



MOMFIT Principal Investigators:

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Northwestern University IRB# STU00053566 05.09.13

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