

Effects of a supervised exercise program on the physical fitness, immunological function and quality of life of Human immunodeficiency virus (HIV)-Infected Patients.

ACTRN12610000683033

Status RECRUITING
Sponsor State University of Rio de Janeiro
Enrollment 300 participants

Plain Language Summary

This study tested whether a structured 12-week exercise program improves physical fitness and immune function in people living with HIV who are on antiretroviral medication. The program included aerobic exercise, strength training, and flexibility work three times a week. Researchers wanted to know if exercise is safe and beneficial for HIV-positive people without negatively affecting the immune system.

You may be eligible if:

- You are HIV-positive and have been on highly active antiretroviral therapy (HAART) for at least 6 months

You may NOT be eligible if:

- You currently smoke tobacco
- Your antiretroviral medication has recently changed
- You have participated in a structured exercise program in the past 6 months
- You have a medical condition that prevents safe exercise participation

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Seropositive patients treated with highly active antiretroviral therapy (HAART) for at least six months.

Exclusion (1)

- Smoking tobacco, changes in antiretroviral medication during the experimental protocol, participation in exercise training in the previous six months and medical contraindication to exercise

Locations (1 total)

RJ, Brazil