

Stand Up for Health Project: Using a 'whole room calorimeter' to assess the effects of sitting on adolescents health

ACTRN12614001064695

Status RECRUITING
Sponsor University of Wollongong
Enrollment 20 participants

Plain Language Summary

This study is looking at how reducing sitting time during a school day affects the health and energy of teenagers. Researchers will measure how much energy adolescents burn when they sit less, using a special room that measures breathing. This can help us understand how too much sitting at school affects young people's health and whether standing or moving more during the day makes a real difference.

You may be eligible if:

- You are between 12 and 15 years old
- You are in good health with no medical conditions that affect energy use

You may NOT be eligible if:

- You are younger than 12 or older than 15 years old
- You have a medical condition that affects energy levels or metabolism
- You are claustrophobic (afraid of being in a small enclosed room)

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

Key Eligibility Criteria

Inclusion (1)

- Minimum age 12, maximum age 15- healthy participants

Exclusion (3)

- Participant is claustrophobic
- Participant has a medical condition or illness that will influence the outcome of energy expenditure or cardio-metabolic indicators
- Participant is not in the age range 12-15 years

Locations (1 total)

NSW, Australia