

Evaluating response to exercise programs in monozygotic and dizygotic twins to determine whether exercise response is generic, genetic or modality dependent.

ACTRN12616001095459

Status RECRUITING
Sponsor Winthrop Professor Daniel Green
Enrollment 100 participants

Plain Language Summary

This study is for healthy twin pairs who want to help researchers understand why some people respond well to exercise and others do not. The study compares identical twins (who share all their genes) with non-identical twins (who share about half their genes) to figure out whether a person's response to exercise is determined more by their genes or their lifestyle.

You may be eligible if:

- You are between 15 and 40 years old
- You are part of a twin pair (either identical or non-identical)
- You exercise less than 150 minutes per week at moderate intensity
- You are in general good health

You may NOT be eligible if:

- You drink more than 4 units of alcohol per day
- You have a serious health condition (e.g., cancer, heart disease, diabetes, stroke)
- Your BMI is over 35
- You have had a heart attack or have heart failure
- You take medications that affect heart function
- You already exercise more than 150 minutes per week

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

Key Eligibility Criteria

Inclusion (1)

- Healthy twin pairs aged 15-40yrs will be recruited. We will recruit twin pairs via advertisement in the Perth metropolitan area via flyers. Additionally, we have approval from the Australian Twin Registry (ATR) to use their database.

Exclusion (1)

- >4 units alcohol/day, medical conditions that compromise survival (i.e. cancer) or render subjects unable to exercise, BMI>35, history of myocardial infarction, coronary artery disease, stroke, chronic heart failure, diabetes. Cardiovascular medications or supplements that affect cardiovascular function will also constitute exclusions. Twins completing >150mins/wk of exercise will be excluded.

Locations (1 total)

WA, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12616001095459>

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