

Osteogenic Exercise for Musculoskeletal and Metabolic Health during Weight Loss in Sarcopenic Obese Older Adults: A Pilot Study (OSMOSIS-P)

ACTRN12618001146280

Status	RECRUITING
Sponsor	Dr. David Scott
Enrollment	60 participants

Plain Language Summary

This pilot study is for older adults aged 60 to 89 who are carrying excess weight and have reduced muscle mass and physical function — a combination known as 'sarcopenic obesity.' As we age, we naturally lose muscle, and when this happens alongside obesity, the effects on mobility, bone strength, and metabolic health can be significant, including a higher risk of falls and fractures. This study tests a 12-week intensive gym-based exercise program to see if it produces better health outcomes than a home-based walking program.

All participants also follow a dietary weight loss plan. The gym program (called HiRIT) involves high-intensity resistance and impact exercises — things like weighted squats and jumping — designed to build muscle and strengthen bones. The home-based control program involves gentler aerobic activity. Researchers measure changes in physical function, bone quality, blood sugar control, and insulin sensitivity.

You may be eligible if you are aged 60–89, have a body mass index (BMI) of 28 or above and significant body fat, show some limitation in physical function, and have GP approval to exercise and diet. People in nursing homes, those with significant heart disease, severe joint problems awaiting replacement, or who have recently had major surgery are not eligible.

Key Eligibility Criteria

Inclusion (1)

- Prospective participants must be aged 60-89 years; have a body mass index (BMI) of 28 kg/m²; and a body fat percentage of greater than or equal to 30 (men) or of greater than or equal to 40 (women) determined by dual-energy X-ray absorptiometry (DXA); a Short Physical Performance Battery (SPPB) score of less than or equal to 11 out of 12 indicating presence of a mobility limitation; willing, and has GP approval to complete a 12-week diet and exercise intervention; and also be willing to participate should they be randomised to either intervention arm.

Locations (1 total)

Monash Medical Centre - Clayton campus - Clayton, VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12618001146280>

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