

# Refeeding Physique Athletes Post-Competition

ACTRN12624000164594

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<b>Status</b>	RECRUITING
<b>Sponsor</b>	University of Canberra Research Institute for Sport and Exercise
<b>Enrollment</b>	30 participants

## Plain Language Summary

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Natural physique athletes undergo extreme caloric restriction during competition preparation, often dramatically reducing their body weight and muscle mass. After competition, how they rebuild — the 'refeeding' phase — can significantly affect their long-term metabolic health and body composition. However, very little scientific guidance exists on the best approach.

This study compares two post-competition refeeding strategies over 12 weeks: eating freely without guidance (ad libitum) versus following a personalised nutrition plan developed with a qualified dietitian. Participants are measured before competition prep begins and at intervals after competing to track changes in metabolic rate, body composition, and recovery markers.

You may be eligible if you are 18 to 45 years old, have competed in at least one natural bodybuilding show, are planning to compete in 2024, and have a coach. People with a history of eating disorders, those who have used performance-enhancing substances, or those with medical conditions affecting body weight or metabolism are not eligible.

## Key Eligibility Criteria

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### Inclusion (5)

- Biologically male or female aged 18-45 years,
- Have prepared for at least 1 natural bodybuilding show in the past 10 years,
- Be committed to competing in Season B natural bodybuilding (any category) 2024,
- Currently >10-15% above estimated stage weight for competition,
- Have engaged a coach for the competitive season.

### Exclusion (5)

- Any participants under 18 or over 45 years of age.
- Any participants who declare current or historical use of performance-enhancing substances.
- Any participants with a history of clinically diagnosed eating disorders.
- Any participants who are pregnant, breastfeeding, or planning on becoming pregnant within the next year.
- Any participants with medical conditions and/or taking medications that may affect body weight, body composition, appetite, heart rate, metabolic rate, and/or endocrine function.

## Locations (1 total)

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ACT,NSW, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000164594>

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