

# Adjuvant Effect of Physical Exercise on Immune Response to COVID-19 Vaccination and Interactions With Stress

NCT05213000

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Iowa State University
Enrollment	80 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Able to donate a small amount of blood,
- Planning to receive an initial mRNA Severe Acute Respiratory Distress Syndrome Coronavirus 2 vaccine,
- Between 18-64 years of age,
- Regularly participate in some form of exercise two or more times per week, including at least one session equal to or greater than 50 minutes exercise sessions or walk three or more times per week with at least one session equal to or greater than 50 minutes.
- Can safely perform 90 minutes of light to moderate intensity exercise (walk, walk/jog, or jog) based on American College of Sports Medicine exercise participation guidelines

### Exclusion (4)

- Currently pregnant
- Weigh less than 110 pounds.
- Presence of any conditions that could significantly impact the ability to exercise safely, or unable to receive the mRNA COVID-19 vaccine
- Taking medication that significantly impact immune response or the presence of an immune disorder.

## Locations (1 total)

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Iowa State University, Ames, Iowa, United States