

# Exercise Training and Fat Metabolism in Postmenopausal Women

NCT05351476

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Florida State University
<b>Enrollment</b>	120 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Women
- Postmenopausal (50-75 yrs.)
- Obese (BMI 30-50 kg/m<sup>2</sup>)
- Prediabetes (HbA1c 5.7 - 6.4% or fasting blood glucose 100 to 125 mg/dL, or 2hr OGTT blood glucose 140 to 199 mg/dL)
- Sedentary (not performing purposeful exercise training more than 20 minutes per day twice a week)
- ... and 2 more (see full listing online)

### Exclusion (9)

- Engaging in purposeful resistance training or endurance training (> 20min/day, > 2 days/week)
- Resting blood pressure above 140 mmHg systolic or 90 mmHg diastolic
- Type 1 or type 2 diabetes
- Medical problems in which exercise is contraindicated, such as chronic infections
- History of, or currently presentation with, cancer, cardiovascular or respiratory disease
- ... and 4 more (see full listing online)

## Locations (1 total)

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Florida State University, Tallahassee, Florida, United States