

Response Variability to Exercise

NCT05496751

Status	RECRUITING
Phase	Not Applicable
Sponsor	Robert Ross, PhD
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (3)

- Sedentary lifestyle (planned physical activity for one day per week or less).
- Weight stable (\pm 2 kg) for 6 months prior to the beginning of the study.
- BMI between 20 and 40 kg/m².

Exclusion (3)

- Physical impairment which would make the intervention very difficult or unsafe according to doctor's advice.
- Diabetes, current smokers.
- Plan to move from the area in next 8 months.

Locations (1 total)

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