

The Effects of an Obesogenic Lifestyle in Recreationally Active, Young Adults

NCT05912348

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of New Hampshire
Enrollment	45 participants

Key Eligibility Criteria

Inclusion (3)

- years of age
- Recreationally active completing 75-150 minutes of moderate-to-vigorous intensity exercise (>2 days/week).
- Fair cardiorespiratory fitness levels (Men: $VO_2 > 38.4$ ml/kg/min; Women: $VO_2 > 32.6$ ml/kg/min).

Exclusion (7)

- Hypertension (resting or diagnosed)
- Impaired fasting blood glucose (>100mg/dL)
- Diagnosed cardiovascular disease
- Diagnosed diabetes
- Diagnosed cancer
- ... and 2 more (see full listing online)

Locations (1 total)

University of New Hampshire Cardiometabolic Research Laboratory, Durham, New Hampshire, United States