

Multi-organ Responses to CHronic Physical Activity and INactivity

NCT06377254

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Nottingham
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (8)

- Group 1 ('non-sedentary') self-reporting ≤ 6 sedentary hrs/day, not actively involved in exercise training or a regular physical activity regimen ($> 8,000$ steps/day).
- Group 2 ('sedentary') self-reporting ≥ 8 waking hrs/day in sedentary activities and/or $\geq 5,000$ steps/day.
- Aged 50-65y.
- Overweight (BMI 25-35 kg/m²).
- Waist circumference ≥ 94 cm (males) and ≥ 80 cm (females).

... and 3 more (see full listing online)

Exclusion (8)

- Regular medication use that could interfere with measures
- A history, or evidence, of chronic cardiovascular, metabolic, musculoskeletal, renal or respiratory diseases.
- Experiencing 'long-COVID', inflammatory bowel disease or malignancy.
- Uncontrolled hypertension. Stage 1 hypertension (BP $\geq 160/100$ mmHg) with no other signs of cardiovascular disease, and blood pressure (BP) managed by routine medication will not be an exclusion.
- People employed in jobs that would preclude reducing step count and night-shift workers.

... and 3 more (see full listing online)

Locations (1 total)

David Greenfield Human Physiology Unit, Nottingham, Notts, United Kingdom