

How a Single Workout Affects Gut Bugs in Women With Different Fitness Levels and Body Types

NCT06691100

Status	RECRUITING
Phase	Not Applicable
Sponsor	George Washington University
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (4)

- Biological sex: female
- BMI 19 to 24.99 kg/m² or BMI 30-40 kg/m²
- Exercisers: Exercise at least 4 times per week for 60 minutes (a total of 240 minutes per week) on a programmed exercise training either on endurance sports (e.g., running, cycling, triathlon), strength (e.g., powerlifting), or team sports (e.g., rugby, football, soccer)
- Non-Exercisers: Sedentary individuals who have not reached the PA guidelines (150 minutes of moderate-intensity physical activity a week, 75 minutes of vigorous-intensity physical activity, or an equivalent combination of moderate and vigorous-intensity physical activity).

Exclusion (6)

- Biological sex: male
- BMI < 19 kg/m² or > 40 kg/m²
- Currently pregnant, < 2 years postpartum, lactating
- Currently taking any herbal, fiber, or probiotic supplement
- Current or 1-month before the study, taking oral or vaginal antibiotics
- ... and 1 more (see full listing online)

Locations (1 total)

Milken Institute School of Public Health, The George Washington University, Washington D.C., District of Columbia, United States

<https://clinicaltrials.gov/study/NCT06691100>

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