

Lifestyle and Nutrition Evaluation in Physically Active People and Athletes

NCT06881745

Status RECRUITING
Sponsor University of Pavia
Enrollment 181 participants

Key Eligibility Criteria

Inclusion (3)

- Age: e 18 years old and d 65 years old
- Regular physical activity (at least 150 minutes of moderate-intensity aerobic physical activity; or at least 75 of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week)
- All genders

Exclusion (3)

- Sedentary population: \< 150 minutes of moderate-intensity aerobic physical activity or \< 75 minutes of vigorous-intensity aerobic physical activity throughout the week
- Age: \< 18 years old and \> 65 years old
- Presence of diseases (i.e. diabetes, hypertension, dyslipidemia, metabolic syndrome, neurological diseases,...) and/or injuries

Locations (1 total)

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