

# Exercise Snacks in Obesity

NCT06924346

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of British Columbia
<b>Enrollment</b>	80 participants

## Key Eligibility Criteria

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### Inclusion (10)

- Aged 35-64 years.
- Habitually engaging in  $\leq$  150 min moderate-to-vigorous physical activity per week.
- Body mass index 30-45 kg/m<sup>2</sup> or 27.5-45 for participants who self-identify as being of Asian or Southeast Asian origin.
- Waist circumference:  $\leq$ 88cm for females and  $\leq$ 102cm for males, or  $\leq$ 80 cm for females and  $\leq$ 90 cm for male participants who self-identify as being of Asian or Southeast Asian.
- Not currently diagnosed with a cardiometabolic disease (e.g., coronary artery disease, stroke, diabetes, non-alcoholic fatty liver disease).

... and 5 more (see full listing online)

### Exclusion (8)

- Chronic musculoskeletal condition or recent (within 2 years) cardiovascular event preventing participation in exercise.
- Lack of internet access.
- Angina upon exertion assessed by the Rose Angina Questionnaire.
- Prescribed beta-blockers that can compromise the validity of heart rate measurements. during the exercise test.
- Have a scheduled surgical procedure within the next 3-4 months that would prevent exercise participation.

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

## Locations (2 total)

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University of British Columbia Okanagan, Kelowna, British Columbia, Canada  
McMaster University, Hamilton, Ontario, Canada

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<https://clinicaltrials.gov/study/NCT06924346>

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