

# Effects of Intermittent Running on Metabolic Health

NCT06962605

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	National Taiwan Normal University
<b>Enrollment</b>	16 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Healthy recreationally active men
- BMI between 18.5-27 kg/m<sup>2</sup>
- Aged between 20 to 45 years
- Regular exercise (3 times per week and longer than 3 months) with cardio exercise longer than 30 minutes at least once a week
- Weight stable for more than 3 months (no change in weight +/- 3%)
- ... and 2 more (see full listing online)

### Exclusion (6)

- having any cardiovascular, metabolic or pulmonary disease (angina pectoris or uncontrolled arrhythmias)
- suffering from infectious contagious diseases,
- using medications that could affect metabolic responses (including anti-inflammatory medications)
- smoking
- heavy alcohol intake (more than 4 drinks on any day or more than 14 drinks a week).
- ... and 1 more (see full listing online)

## Locations (1 total)

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National Taiwan Normal University, Taipei, Taiwan