

# Moderate Aerobic Exercise for Managing Menstrual Cycle Symptoms

NCT07084714

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Colorado, Colorado Springs
<b>Enrollment</b>	35 participants

## Key Eligibility Criteria

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### Inclusion (6)

- premenopausal (defined as having regular menstrual periods every 21-35 days)
- either not using hormonal or non-hormonal contraceptives (i.e., intrauterine device) for the past 6 months OR using combined oral contraceptives (i.e., those that contain progesterone and estrogen) for at least the past 6 months
- not currently pregnant or trying to become pregnant
- sedentary lifestyle (score of "low activity/inactive" assessed using the IPAQ)
- have self reported menstrual cycle symptoms (symptoms reported on the PSST or MSi)

... and 1 more (see full listing online)

### Exclusion (6)

- becoming physically active defined as scoring higher than "low activity/inactive" on the IPAQ during the first month of the study
- non compliance with instructions provided for the moderate aerobic exercise intervention (i.e., not adhering to predetermined intensity heart rate targets) or miss more than 25% of exercise sessions in either intervention month
- becoming pregnant during enrollment
- being diagnosed with a cardiovascular, metabolic, or renal disease that would require physical clearance to participate in moderate intensity aerobic physical activity
- begin using hormonal or non-hormonal (i.e., intrauterine devices) contraceptives if assigned to the arm not using hormonal contraceptives

... and 1 more (see full listing online)

## Locations (1 total)

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William J. Hybl Sports Medicine and Performance Center, Colorado Springs, Colorado, United States

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<https://clinicaltrials.gov/study/NCT07084714>

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