

COVID-19 Health Adjustments in Nutrition, General Wellness, and Exercise

NCT07128095

Status	RECRUITING
Sponsor	Indiana University
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (2)

- Male and female participants. Are between the ages of 18-75. Have a resting blood pressure no higher than 150/90 (stage 2 hypertension). Have a BMI below 35 kg/m² (otherwise healthy). Free from metabolic disease (diabetes or renal disease), pulmonary disorders (e.g., COPD, severe asthma, and cystic fibrosis), and cardiovascular disease (peripheral vascular, cardiac, or cerebrovascular).
- Do not have any precluding medical issues that prevent participants from exercising (i.e., cardiovascular issues, or muscle/joint issues including painful arthritis) or giving blood (e.g., blood thinners).

Exclusion (3)

- Younger than 18 or older than 30. Have a resting blood pressure \geq 150/90. Have a BMI \geq 35 Kg/m² or \leq 18 Kg/m². History of metabolic disease (diabetes or renal disease), pulmonary disorders (e.g., COPD, severe asthma, and cystic fibrosis), and cardiovascular disease (peripheral vascular, cardiac, or cerebrovascular).
- Medical issues that prevent safe exercise (i.e., cardiovascular issues, or muscle/joint issues including painful arthritis).
- Medical issues that prevent giving blood (e.g., blood thinners). Currently pregnant.

Locations (1 total)

Indiana University School of Public Health, Bloomington, Indiana, United States