

Molecular Indicators of Systematic Fitness

NCT07393841

Status RECRUITING
Sponsor VO Health, Inc.
Enrollment 250 participants

Key Eligibility Criteria

Inclusion (4)

- Be ≥18 years old
- Be able to understand and provide informed consent (English; additional languages may be added via amendment with translated materials)
- Be willing to complete VO₂max testing, blood draw, and questionnaires.
- Be able to safely perform maximal/symptom-limited exercise testing as determined by: PAR-Q+ screening and investigator review (included as an attachment) and resting vitals screening (heart rate)

Exclusion (4)

- Conditions that, in the investigator's judgment, or a medical doctor, makes maximal exercise testing unsafe (e.g., unstable cardiovascular symptoms)
- Contraindications or unwillingness to undergo venipuncture
- Acute illness (fever, significant respiratory illness) at the time of testing
- Failure to comply with procedures.

Locations (1 total)

VO Health, Inc., New Haven, Connecticut, United States