

Effect of Resistance Exercise on Energy Balance and Appetite Regulation in Males and Females

NCT07444021

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | National Taiwan Normal University |
| Enrollment | 30 participants |

Key Eligibility Criteria

Inclusion (4)

- Healthy males and females aged 20-30 years
- Females with a regular menstrual cycle
- Stable body weight, defined as no significant change in body weight during the past 6 months
- Willingness to participate and provide written informed consent

Exclusion (10)

- Obesity, defined as:
- Body mass index (BMI) ≥ 30 kg/m²
- Body fat percentage $\geq 25\%$ in males
- Body fat percentage $\geq 30\%$ in females
- Hypertension, defined as resting blood pressure $\geq 140/90$ mmHg
- ... and 5 more (see full listing online)

Locations (1 total)

National Taiwan Normal University, Taipei, Taiwan