

Fasted vs. Fed State Exercise

NCT07487090

Status	RECRUITING
Phase	Phase 2
Sponsor	Arkansas Colleges of Health Education
Enrollment	40 participants

Key Eligibility Criteria

Inclusion (3)

- Aged 18-59
- BMI 25-45
- Healthy enough to exercise

Exclusion (7)

- Taking medications or supplements that are known to influence energy expenditure,
- Currently exercising more than once per week
- Currently dieting for weight loss
- Currently taking weight loss drugs
- Have had a previous weight loss surgery
- ... and 2 more (see full listing online)

Locations (1 total)

Arkansas Colleges of Health Education Research Institute Health and Wellness Center, Fort Smith, Arkansas, United States