

Influence of Exercise on the Gut Microbiome of Overweight and Obese Adults with Prediabetes

Status: Recruiting

Eligibility Criteria

Sex: Male or Female

Age Group: 18 years and over

This study is NOT accepting healthy volunteers

Inclusion Criteria:

1. 30-64 years old
2. classified as overweight or obese with BMI greater than 25 kg/m²
3. physician diagnosed as pre-diabetic or HbA1c value of 5.7-6.4% obtained during study screening
4. currently exercise less than 100 minutes per week
5. physically able to exercise
6. no antibiotics taken for at least 45 days
7. weight has been stable for the last 6 months (less than 10% change)
8. willing to maintain current diet and exercise levels unless changed by the study

Exclusion Criteria:

1. current gastrointestinal illness
2. taking metformin or other medications for high blood sugar
3. history of bariatric surgery
4. pregnant or breast feeding

Conditions & Interventions

Conditions:

Diabetes & Endocrine

Keywords:

Prediabetes, elevated blood glucose, impaired glucose, blood sugar, obesity, Hemoglobin A1c, exercis

More Information

Description: We are looking at how an 8-week exercise program of walking for 30-45 minutes 3 times/week affects the body. This study is for people who are prediabetic and overweight or obese. We will compare the exercise group to a group that didn't participate in the exercise to see if there are differences in gut microbes, body measurements, and blood work.

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IRB

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