

Research Study Beginning in Jan 2022: Fish Oil + Exercise and Metabolic Health

Overweight Adults with Elevated Triglycerides Needed

We are seeking male and female adults from all race and ethnic groups who:

- are overweight or have a BMI (weight (kg)/height (m²)) ≥ 25 to ≤ 40
- have elevated triglycerides (≥ 150 mg/dL)
- are 18-65 years of age

Study Details:

- **Length of Study:** 16 weeks total
- **Number of visits:** 5 clinic visits and 18 exercise sessions
- **Compensation:** \$300

This study will require you to take fish oil or safflower oil (placebo) supplements (pills) and participate in 6 weeks of high-intensity interval training on a stationary bike at Mission Fitness. An additional 2 weeks may require consuming fish twice per week.

This study will also require you to meet virtually 3 days/week (approximately 30 minutes/session) for 6 weeks to participate in either exercise or flexibility (control group) training. Other study procedures involve conducting an exercise test and obtaining blood samples and stool samples.

Knowledge gained and free to participants:

- | | |
|-----------------------|--------------------------------------|
| ▪ Body composition | ▪ Maximum oxygen consumption |
| ▪ Bone density | ▪ Blood sugar level |
| ▪ Blood pressure | ▪ Assessment of gut health |
| ▪ Blood lipid profile | ▪ Energy (macronutrient) utilization |

To qualify, you **cannot** have/be:

- a diagnosed metabolic disease (such as obesity, diabetes, or heart disease) or cancer
- taking blood pressure or blood thinners or lipid-lowering drugs
- received antibiotic treatment within the previous 6 months
- pregnant/lactating or menopausal
- currently participating in an exercise routine
- allergies to or a dislike for consuming fish

For more information:

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