

The Effect of Diet or Exercise on Visceral Obesity, Neural Cardiovascular Reactivity and Arterial Stiffness in Obese Humans

This 12-week study is being conducted in the Clinical and Applied Human Physiology Laboratory and the Integrative Physiology Laboratory and is approved by the Institutional Review Board at Michigan Tech. We are in need of participants to help understand how ABDOMINAL FAT may affect blood pressure regulation in women and men experiencing acute stress, and how WEIGHT LOSS may improve BLOOD PRESSURE regulation during ACUTE STRESS.

\$\$ There is monetary compensation for your participation in this study \$\$

Study Restrictions:

- Age of 18 to 45 years
- Have passed a physical examination within the last 6 months
- Have a body mass index (BMI) of 28.0 to 45.0 kg/m²
- Have NOT been participating in an exercise program more than 2 days per week in the last 60 days
- Do not smoke
- Are not diabetic or ever have suffered from a stroke or heart attack
- Must not take any heart/blood pressure medications or have a pacemaker
- Must not be pregnant, taking oral contraceptives, or on hormone replacement therapy
- Women must have a normal and consistent menstrual cycle
- Participants must not have caffeine, alcohol, or regular exercise in the 12 hours preceding laboratory testing
- Participants must fast for at least 3 hours preceding laboratory testing



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