



To participate in a study evaluating how fasted exercise influences menstrual cycle health

Location

- UCCS Hybl Sports Medicine and Performance Center (4925 N Nevada Ave, Colorado Springs, CO)
- At-home monitoring

If you decide to participate, you would be asked to:

- Monitor the length of your menstrual cycle, hormone levels, daily stress, physical activity, and diet habits at home for ~3 months
- Come to the UCCS Hybl Sports Medicine and Performance Center for a laboratory visit to measure your maximal aerobic capacity (e.g. VO_{2max}), DEXA body composition, and resting energy expenditure
- Complete three 90 minute workouts on a stationary cycle or treadmill while ingesting a sweetened beverage

You may be eligible to receive:

- Information about your VO_{2max} , DEXA body composition, daily calorie requirements, and hormone levels
- Up to \$225 as a check at the end of the study for completing all study requirements.

Are you eligible?

- 18 to 40 years old
- Regularly do running or cycling exercise for ≥ 30 minutes on 3 or more days per week and are familiar with exercising for 90 minutes or more
- Have regular periods every 21-35 days
- Are not taking and have not taken hormonal contraceptives in the past 6 months
- Are not pregnant or breastfeeding and have not been for the past 12 months (pregnant women excluded)
- Do not have a current diagnosis of a menstrual cycle disorder, uncontrolled metabolic, cardiovascular, or lung disease



Please use the QR code to assess your eligibility.

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