

# Impact of Moderate Aerobic Exercise on Menstrual Cycle Symptoms in Sedentary Women

## Volunteers needed!



### What you will do

- Engage in moderate aerobic exercise for 30 minutes progressing from 3 to 5 days per week over about 2 months.
- Attend 2 laboratory visits at the UCCS Hybl Sports Medicine and Performance Center for a DEXA bone density scan and answer questionnaires.
- Monitor your urine hormones, physical activity, and menstrual cycle symptoms on your own at home.

### Eligibility criteria

- 18-40 years
- Premenopausal defined as having regular menstrual periods
- Have not used hormonal or non-hormonal (i.e., IUD) contraceptives for at least the last 6 months OR
- Have used a combined hormonal contraceptive containing both estrogen and progesterone for at least the past 6 months
- Are not pregnant or trying to become pregnant
- Do not regularly do aerobic exercise
- Have self-reported menstrual cycle related symptoms
- Are free from diabetes, cardiovascular, and renal disease

### Benefits

Information about your DXA bone density and body composition, physical activity levels, and menstrual cycle symptoms.

### For more information

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Assess your eligibility using the QR code.