

We are currently recruiting participants for our new study, “Effects of eight weeks of concurrent exercise training and time-restricted feeding (16/8) on body composition, muscle endurance, metabolism, cardiovascular risk factors, and dietary intake in overweight, sedentary males and females.”

The purpose of this study is to (1) determine whether time-restricted feeding (TRF) is an effective dietary strategy for reducing fat mass while preserving fat-free mass in combination with aerobic and resistance training, (2) evaluate potential changes in health-related biomarkers and indicators of muscle health (mass, strength) after 8 weeks of resistance training with TRF, and (3) examine the influence of caloric intake and macronutrient distribution on muscle health in TRF and normal feeding (NF) pre-to-post-resistance training.

#### Seeking:

- Overweight, non-smoking men and women aged 45 to 60 years
- Generally healthy and mobile without the need of assistive devices
- Not currently following a professionally developed dietary or exercise program
- Available for testing and trainings lasting one-two hours

#### Exclusions:

- Are pregnant or perceive you may be pregnant
- Have a neuromuscular disease, diabetes, high blood pressure, being treated for cancer, or previously had a heart attack or chronic heart related conditions that are not controlled
- Are taking medications that influence muscle size (testosterone, growth hormone, etc.)
- Have had bariatric surgery, or over 350lbs

*Participants will receive an incentive payment of \$200.00.*

Eligible men and women must be overweight( BMI = 25-29.9 kg/m<sup>2</sup>), but otherwise healthy, and not have any health issues (such as diabetes, uncontrolled hypertension, significant orthopedic conditions, neuro-muscular diseases, or current diagnosis of cancer); eligible men and women are able to complete normal day-to-day activities (such as walking and other leisure activities).

If you qualify for the study, and if you complete the required forms, you will learn about the nutrient breakdown in your diet, and how much of your body mass is attributed to muscle. You will also undergo 8 weeks of resistance and aerobic training that may help improve your cardiovascular system, and muscle strength and endurance. However, you may not get any benefit from being in this research study.

This research is conducted under the direction of Dr. Kyle Hackney in the Department of Health, Nutrition and Exercise Sciences, along with colleagues Dr. Sherri Stastny, Dr. Shannon David, and Dr. Steven Mitchell.

This study has been approved by the NDSU Institutional Review Board (list IRB study approval number here #HE18247. If interested, please contact Christopher Kotarsky at [christopher.kotarsky@ndsu.edu](mailto:christopher.kotarsky@ndsu.edu) or 216.956.5412 for questions about our upcoming recruitment meeting(s) to be held.

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