

2-Minute Aerobic-Surge Exercise for Weight Loss: a Randomized, Controlled Trial

SUBJECT BRIEFING (January 2016)

The **purpose** of this non-invasive study will be to determine if a frequent, high intensity, 2-minute Aerobic-surge exercise routine (5/day) is effective in reducing subjects' weight and girth sizes. Your participation is **voluntary** and will not affect your relationships with any medical providers in any way.

All subjects will be randomly assigned to the Experimental group or the Control group, and this is like a "flip of a coin." Control group subjects will simply be told to exercise more and the Experimental group will be taught how to change different activities like climbing stairs or exercising in bed into an "Aerobic-surge" exercise. (This raises your heart rate to 75% of the calculated max for just two minutes, and the Aerobic-surges are to be performed five times each day.)

There will be over 50 subjects in the study and your information on changes in body weight and Body-summation will be used without identification (without your name or social security #) for data calculation by an academic scientist and for publication in biomedical journals.

After signing the informed consent we will have you seen by a physician who will screen you for pathologies such as heart disease and diabetes, to make sure participation would not make those conditions worse. We will **test your weight** and measure all of your body circumferences before and after this **2-month study**. You will be required to give us tracking on how many Aerobic-surges you completed each day. Even if you don't perform five/day we still need to have daily tracking for your participation.

You can withdraw from the study at any time for any reason from this 2-month study.

The potential **RISKS** from this study include injuries similar to what could occur if you were exercising outside of this study, such as Joint injuries (sore muscles), or falling. The potential **BENEFITS** include: decreased weight and body mass, improved appearance, increased self-esteem, decreased hypertension and disease, and increased activities of daily living.

You are under no obligation to participate and there will be no compensation or pay for participating. If you are chosen to be a Control subject then if you would like we will teach you the Aerobic-surge protocol after full completion of this study, but we will not track or report those results. If you understand this briefing and would like to participate, please sign on the below and you will then have your weight and body-summation measurements taken before being screened by a physician. Thank you!

Printed name

Signature

Today's date