

# Brief exercise for weight loss

<b>Submission date</b> 13/03/2018	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 17/04/2018	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 24/04/2019	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

Over 70% of US population are overweight, and almost 40% are categorically obese based on body mass index (BMI). There are numerous programs, diets, and exercise regimes, but these are inadequate because obesity continues to rise. The purpose of this study is to determine if a unique 2-minute Energy-surge exercise routine (performed five times/day) is effective in reduced subjects' weight and girth sizes.

### Who can participate?

Healthy adults aged 18-65 years who are obese (have a BMI of 30 or more).

### What does the study involve?

Healthy obese subjects were randomly assigned to the Experimental or Control groups. Experimental group participants were taught how to make many movements such as riding a stationary bicycle or lifting dumbbells into an 'Aerobic-surge' exercise at or above 75% of calculated maximum heart rate. They were taught to perform these exercises for 2 minutes 5 times per day. Control subjects were simply told to exercise more. No dietary changes were made for either group.

### What are the possible benefits and risks of participating?

The potential risks included joint injuries from exercise or falling and worsening of undiagnosed heart problems. The potential benefits included decreased weight and body size, improved appearance and self esteem, decreased hypertension and disease, and increased ability to perform activities of daily living.

### Where is the study run from?

Participants were screened, trained and measured in Galveston, TX. They did the exercises at home.

### When is the study starting and how long is it expected to run for?

### Who is funding the study?

There is no external funding for the study.

Who is the main contact?  
Dr FB Willis, DocWillis@yahoo.com

After being briefed on the study, Subjects: Fifty four adults were recruited for this study in Austin, Abilene, and Galveston Texas, USA. All subjects understood and completed written informed consent as required by the IRBs.

Subjects were then screened for exclusion criteria such as cardiovascular diseases and four subjects were withdrawn from the study. The remaining were randomly categorized as Experimental (N=25 receiving treatment) or Control (N=25).

After being weighed, measurements of ten body circumferences were measured (neck, chest , waist hip, etc.). Experimental subjects were taught how to perform an "Aerobic-surge" exercise at 75% of their calculated maximum heart rate with different exercises (climbing stairs, stationary bicycle riding, etc.). They were instructed to perform this Aerobic-surge five times/day in this 60-day study.

Joint injuries from exercise or falling  
Exacerbation of undiagnosed cardiac anomalies

#### 4.2 Potential Benefits

Decreased weight and body mass  
Increased appearance and self esteem  
Decreased hypertension and disease  
Increased activities of daily living

## Contact information

**Type(s)**  
Public

**Contact name**  
Dr Dr FB Willis, MBBS, PhD, FACSM

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## Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

## Study information

### Scientific Title

Brief, aerobic-surge exercise for weight loss: a preliminary randomized, controlled trial

### Study objectives

The purpose of this current study was to determine if a frequent, high intensity, 2-minute aerobic-surge exercise routine (5/day) was effective in reducing subjects' weight and girth sizes.

### Ethics approval required

Old ethics approval format

### Ethics approval(s)

McMurry University IRB and Galveston Research IRB, 10/1/2016.

### Study design

Randomized controlled trial

### Primary study design

Interventional

### Secondary study design

Randomised controlled trial

### Study setting(s)

Home

### Study type(s)

Treatment

### Participant information sheet

See additional files

### Health condition(s) or problem(s) studied

Obesity

### Interventions

The participants were randomly categorized as Experimental (N=25 receiving treatment) or Control (N=25). After being weighed, measurements of ten body circumferences were taken. Experimental subjects were taught how to perform an "Aerobic-surge" exercise at 75% of their calculated maximum heart rate with different exercises (including supine scissor kicks, running in place, stationary bicycling, jumping jacks, biceps curls, triceps extensions, medicine ball swings, climbing stairs, etc). They were instructed to perform this Aerobic-surge for 2 minutes five times /day in this 60-day study. (The goal for Energy-surge was 5/day but 4/day completion was expected.)

### Intervention Type

Behavioural

**Primary outcome measure**

Changes in weight and body circumferences (neck, shoulders, chest, upper arm, lower arm, wrist, waist, hips, upper thigh, above knee, calf, ankle). The weight and body circumferences were measured at enrollment and after 60 days (+/-5 days) by the same research assistant under the supervision of the principal investigator.

**Secondary outcome measures**

Compliance assessed by weekly communication with participants and measured as the proportion who completed the exercises at least 4 times per day.

**Overall study start date**

01/08/2015

**Completion date**

01/05/2017

**Eligibility****Key inclusion criteria**

1. BMI >30 kg/m<sup>2</sup>
2. Aged 18-65 years

**Participant type(s)**

Healthy volunteer

**Age group**

Adult

**Lower age limit**

18 Years

**Upper age limit**

65 Years

**Sex**

Both

**Target number of participants**

50

**Key exclusion criteria**

1. Cerebrovascular accident or traumatic brain injury
2. Cardiovascular pathologies, including uncontrollable hypertension, atrial fibrillation and history of myocardial infarction
3. Rheumatoid arthritis
4. Pregnancy
5. Hypothyroid secretion
6. Hypogonadal syndrome
7. Diabetes mellitus (type 1 or 2)
8. Other weight loss protocols, diets, or medication

**Date of first enrolment**

15/01/2016

**Date of final enrolment**

15/06/2016

## **Locations**

**Countries of recruitment**

United States of America

**Study participating centre**

**Galveston Clinical Research**

6341 Stewart RD #115

Galveston

United States of America

77551

## **Sponsor information**

**Organisation**

None

**Sponsor details**

NA

NA

United States of America

NA

**Sponsor type**

Not defined

## **Funder(s)**

**Funder type**

Not defined

**Funder Name**

NONE

# Results and Publications

## Publication and dissemination plan

Preparing for submission to "BMC Sports Science, Medicine and Rehabilitation"

## Intention to publish date

20/06/2018

## Individual participant data (IPD) sharing plan

As of 09/04/2018)

Patient files were lost in the Hurricane Harvey floods but data sets may be acquired by contacting Dr Willis directly for the next 7 years.

## IPD sharing plan summary

Available on request

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	01/01/2018		Yes	No
<a href="#">Participant information sheet</a>		09/04/2018	17/04/2018	No	Yes