

# Does high intensity intermittent exercise promote health and wellbeing in overweight and obese men?

<b>Submission date</b> 22/02/2017	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
<b>Registration date</b> 22/02/2017	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
<b>Last Edited</b> 25/04/2017	<b>Condition category</b> Nutritional, Metabolic, Endocrine	<input type="checkbox"/> Individual participant data

## Plain English summary of protocol

### Background and study aims

In the UK, rates of metabolic diseases (conditions that involve problems with metabolism) are increasing, primarily due to rising levels of obesity. Being overweight or obese can lead to the development of type 2 diabetes mellitus (T2DM), as the cells of the body do not respond properly to the hormone insulin and so cannot easily absorb glucose (sugar) from the bloodstream. In addition, being overweight or obese can also greatly increase a person's risk of heart disease or stroke. High-intensity intermittent training (HIIT) is a type of exercise which alternates short periods of very intense exercise with less intense recovery periods. To date, little attention has been given to profiling the potential health benefits of HIIT or modified HIIT training within overweight and obese cohorts with particular focus on inflammation (the body's response to injury). The aim of this study is to find out whether six sessions of HIIT over two weeks can improve overweight or obese men's metabolic and inflammatory profiles.

### Who can participate?

Overweight and obese men who are otherwise healthy who exercise less than twice per week.

### What does the study involve?

Participants are randomly allocated to one of two groups. Those in the first group take part in six sessions of HIIT exercise over a two-week period on Mondays, Wednesdays, and Fridays. Those in the second group complete only four sessions over the same period on Mondays and Fridays. In both groups, the training consists of ten lots of one minute bouts of very intensive exercise separated by one minute recovery periods of less intensive exercise. One week before the program starts and 72 hours after the last session, participants in both groups provide blood samples which are tested for blood sugar control and chemical indicators of inflammation.

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

Participants can benefit from improving their general health and fitness. There is a risk that taking part in the study exercises can cause mild discomfort in the form of exhaustion, heat,

sweat, muscular soreness and sometimes light headedness. More severe risks include risk of injury and at worst can lead to death. Every precaution will be taken via detailed screening to prevent all severe side effects.

Where is the study run from?  
Loughborough University (UK)

When is the study starting and how long is it expected to run for?  
January 2012 to May 2013

Who is funding the study?  
Loughborough University (UK)

Who is the main contact?  
Dr Benjamin Kelly  
Benjamin.Kelly@Nuffieldhealth.com

## Contact information

**Type(s)**  
Scientific

**Contact name**  
Dr Benjamin Kelly

**Contact details**  
Nuffield Health  
2 Ashley Avenue  
Epsom  
United Kingdom  
KT18 5AL

## Additional identifiers

**Protocol serial number**  
GCT01

## Study information

**Scientific Title**  
An evaluation of low volume high-intensity intermittent training (HIIT) for health risk reduction in overweight and obese men

**Study objectives**  
Six sessions of high intensity intermittent exercise over 2-weeks is sufficient to improve inflammatory and metabolic profile in overweight and obese adult males.

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**

Loughborough University Ethical Advisory Sub-Committee for human biological or psychological and sociological investigations, 16/03/2012, ref: R12-P46

**Study design**

Single-centre randomised parallel trial

**Primary study design**

Interventional

**Study type(s)**

Prevention

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

Obesity

**Interventions**

Participants are randomised to one of two groups using an online random number generator. Those in the first group (N=8) complete 6 sessions of HIIT exercise over a 2-week period where as group 2 (N=10) complete only 4 over the same period. Group 1 exercise sessions will be carried out on Mondays, Wednesdays, and Fridays. Group 2 sessions will be conducted on Mondays and Fridays.

**Intervention:**

The HIIT protocol utilised in this study was based on that devised by Little and colleagues [2011]. Using a Lode cycle ergometer, participants warm up at a resistance of 50 W for 3 minutes and during the last 10 seconds participants are counted down before the wattage is elevated to a pre-determined resistance set to elicit 90% HRpeak. Resistance will be manipulated manually throughout to ensure pre-determined heart rate values are achieved. During the 60 s high intensity interval, participants are asked to maintain a cadence of 80-100 RPM. After 60 s of high intensity cycling participants are instructed to cycle for the next 60 s at a cadence of 70-80 RPM against a resistance of 50 W (active recovery). This is to be repeated a further 9 times followed immediately by a 2 minute cool down against a resistance of 50 W.

All participants are assessed at baseline, 1 week prior to intervention and again 72 hours after the final exercise bout. Follow up testing consists of blood pressure and body composition assessment, an oral glucose tolerance test and a test of maximal aerobic capacity. Time zero blood samples from the oral glucose tolerance test are used in order to analyse inflammatory profile.

**Intervention Type**

Other

**Primary outcome(s)**

Fasting glucose is measured via an oral glucose tolerance test (OGTT) which will be performed one week prior to intervention and 72 hours immediately post the last exercise session in week two.

**Key secondary outcome(s)**

Inflammatory profile is assessed at baseline, 1 week prior to intervention and once again 72 hours post-the final exercise bout. Inflammatory profile is assessed by measuring:

1. Adiponectin, MCP-1 and CRP using commercial sandwich enzyme linked immunosorbent assays (ELISAs)
2. CRP and TNF- $\alpha$  via using high sensitivity ELISAs (R & D systems, Minneapolis, MN, USA)
3. Plasma IL-6 and sIL-6R via 'in-house' ELISAs

**Completion date**

10/05/2013

## Eligibility

**Key inclusion criteria**

1. BMI  $\geq 27$  kg.m<sup>-2</sup>
2. Reported taking part in any form of exercise less than 2 times per week
3. Otherwise healthy
4. Male

**Participant type(s)**

Other

**Healthy volunteers allowed**

No

**Age group**

Adult

**Sex**

Male

**Key exclusion criteria**

1. Smokers
2. Previously diagnosed with impaired fasting glucose or diabetes
3. BMI  $\geq 40$  kg.m<sup>-2</sup>

**Date of first enrolment**

20/04/2012

**Date of final enrolment**

30/03/2013

## Locations

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Loughborough University**  
Epinal Way  
Loughborough  
United Kingdom  
LE11 3TU

## Sponsor information

**Organisation**  
Loughborough University

**ROR**  
<https://ror.org/04vg4w365>

## Funder(s)

**Funder type**  
University/education

**Funder Name**  
Loughborough University

**Alternative Name(s)**  
Lboro

**Funding Body Type**  
Private sector organisation

**Funding Body Subtype**  
Universities (academic only)

**Location**  
United Kingdom

## Results and Publications

### Individual participant data (IPD) sharing plan

The current data sharing plans for the current study are unknown and will be made available at a later date.

### IPD sharing plan summary

Data sharing statement to be made available at a later date

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Results article</a>	results	19/04/2017		Yes	No
<a href="#">Participant information sheet</a>	Participant information sheet	11/11/2025	11/11/2025	No	Yes