



Participants needed for a study on the effects of resistance-training and creatine supplementation during GLP1-receptor agonist therapy

We are looking for men or women (≥ 18 y) who are planning to start GLT1-receptor agonist therapy (i.e., semaglutide, including Ozempic or Wegovy).

We are investigating the effect of a nutritional supplement (creatine) and resistance-training on muscle mass and strength.

The study involves a supervised resistance-training program (3 times per week for 12 weeks) and baseline, and 12-week assessments of muscle and strength.

This study is being conducted by Phil Chilibeck, Ph.D. in the College of Kinesiology, University of Saskatchewan and has been approved by the University of Saskatchewan Biomedical Research Ethics Board.

If interested, please contact:

Phone: 306-966-1305 (please leave a message) or
email: Chilibeck.research@usask.ca