

FITNESS AND HRT STUDY

What is Involved?

This world-first study will follow people over the first 12 months of gender-affirming hormones to monitor muscle strength, fitness and power. The study will be based at the specialised elite sports facility at Victoria University in Footscray. Monitoring includes exercise testing, blood and muscle sample collections, and body composition scans over 1 year. It is estimated that participants will have to attend 6-9 sessions.

We are recruiting:

- Trans and gender-diverse participants who are about to commence full-dose gender-affirming hormones (testosterone OR estradiol).
- People (trans OR cis) who are not on any hormones, as a comparison group.

Aims:

Our goal is to understand the impact of HRT on muscle strength and fitness, to inform sporting policy guidelines internationally.

Benefits for Participants:

Free fitness tests and body composition.

**FOR MORE INFORMATION, EMAIL KYLIE KING AT
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