

Multi-Modal Exercise Training & Protein-Pacing in Active Women

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The Question

Does combining higher protein intake with RISE training (resistance, interval, stretching, endurance) improve strength, power, cardiovascular health, and performance in active women?

Study Design

- 27 exercise-trained women ages 25–55
 - 12-week randomized trial with matched calories and meal timing
 - PRISE group: 2.0 g protein/kg/day using Isagenix whey protein
 - Control group: 1.0 g protein/kg/day
 - All participants completed the same supervised exercise schedule
 - Measured strength, power, endurance, flexibility, balance, cardiovascular markers, metabolism, and body composition
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Results

Both groups improved with training, but the PRISE group achieved greater gains in upper-body power, push-ups, sit-ups, and reductions in diastolic blood pressure and arterial stiffness. All women increased strength, improved 5-km cycling performance, and improved flexibility and balance. Body composition improved similarly across groups with increased lean mass and reduced abdominal and hip fat.

Takeaway

Combining high-quality whey protein with RISE training amplifies performance benefits — especially strength, power, and cardiovascular health — even in already active, fit women.

Product Spotlight: Women's Wellness Bundle

Support strength, lean muscle, and hydration with a daily wellness bundle designed for active women. Featuring protein-rich nutrition alongside natural, hormone-free comfort through life's transitions, it helps fuel energy, performance, and everyday vitality.

Learn More

