

Wii Fit: the new generation tool for improving balance, health and well-being for women?

ACTRN12608000482369

Status RECRUITING
Sponsor Jenny Nitz
Enrollment 60 participants

Plain Language Summary

This study is testing whether exercising with a Nintendo Wii Fit console can improve balance, strength, and overall wellbeing in women between the ages of 20 and 70. As women age, their sense of balance can decline, which raises the risk of falls. Researchers want to compare Wii Fit exercise, structured balance training, and aerobic exercise to see which approach is best for preserving and improving balance. Participants will exercise twice a week for 10 weeks.

You may be eligible if:

- You are a woman between 20 and 70 years of age
- You are willing to attend exercise sessions twice a week for 10 weeks
- You are willing to participate in fitness assessments before and after the program

You may NOT be eligible if:

- You have a nerve, muscle, or bone condition that prevents moderate to vigorous exercise (such as severe heart disease)
- You have an acute (sudden) illness
- You are unable or unwilling to give informed consent
- You are unable to commit to the full exercise schedule

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Subjects will be aged between 20 and 70 years and willing to participate in a pre and post –intervention assessment as well as a two times weekly 30 minute exercise sessions for 10 weeks

Exclusion (1)

- Subjects will be excluded if they have a neuromusculoskeletal condition that precludes moderate to intense exercise eg cardiomyopathy, acute illness. Subjects will also be excluded if unable or unwilling to give informed consent or commit to the intervention requirements

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12608000482369>

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