

# A Mobile Phone Text-based Intervention to Reduce Sedentary Behavior and Engage Communities on the Importance of Healthy Lifestyles: the TEXT2MOVE Study

NCT05217108

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	M.D. Anderson Cancer Center
<b>Enrollment</b>	200 participants

## Key Eligibility Criteria

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### Inclusion (8)

- >18 years old
- owns a smart phone
- has access to WiFi or willing to use mobile data
- has an email address or willing to create an email address
- able to read and understand English;
- ... and 3 more (see full listing online)

### Exclusion (5)

- unwilling to have sedentary behavior and activity tracked
- unable to walk without ambulatory assistance device (i.e. cane or walker) or due to underlying medical condition
- MD Anderson employees that report to the Principal Investigators of this study
- family or household member already enrolled into study
- not sedentary based on < 6 hours/day of sitting time, and (6) currently participating in a weight management or exercise study or program

## Locations (1 total)

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M D Anderson Cancer Center, Houston, Texas, United States