

# Sitting Interruption and Whole-body Cardiovascular Health

NCT05316571

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of North Carolina, Chapel Hill
<b>Enrollment</b>	56 participants

## Key Eligibility Criteria

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### Inclusion (5)

- Aged between 30-60 years
- Insufficiently active: self-reported exercise  $\leq 90$  minutes per week for the past 3 months
- Sedentary: self-reported sitting  $\geq 8$  hours per day
- Self-reported ability to walk 4 blocks and climb 2 flights of stairs
- Possession of cellular phone able to receive text messages

### Exclusion (11)

- Use of assisted-walking devices
- Comorbid condition that would limit the ability to reduce sedentary behavior (e.g., musculoskeletal condition, current chemotherapy)
- Plans for major surgery within next 3 months
- Recent history ( $\leq 1$  year) of ischemic heart disease, chronic heart failure, stroke, or chronic kidney disease
- Recent ( $\leq 1$  year) or planned bariatric surgery
- ... and 6 more (see full listing online)

## Locations (1 total)

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University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States