

Pole Walking Intervention in Retirement Communities

NCT05388227

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Saskatchewan
Enrollment	50 participants

Key Eligibility Criteria

Inclusion (2)

- Being an ambulatory resident in the independent living/retirement communities.
- Pass the Get Active Questionnaire. If the participant has heart conditions, angina during daily living, balance, and bone or joint problems, then a Physician Clearance Form is required to be filled out and signed by the participant's family physician.

Exclusion (3)

- Using assistive devices for mobility.
- Being active (moderate-to-vigorous physical activity e150 min/week).
- Diagnosed with Parkinson's disease.

Locations (1 total)

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