

# Cardiometabolic Health Intervention Using Movement-to-Music Exercise

NCT05606432

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Alabama at Birmingham
<b>Enrollment</b>	132 participants

## Key Eligibility Criteria

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### Inclusion (8)

- full-time or part-time use of a wheelchair device (manual wheelchair, power wheelchair, electric scooter) self-reported as the primary means of mobility
- e Cardiometabolic risk factor(s),
- no contraindication to exercise as approved by a physician's medical clearance to exercise
- age e18 years
- able to use arms to exercise
- ... and 3 more (see full listing online)

### Exclusion (3)

- medically unstable to perform home exercise as determined by their physician
- high-level tetraplegia and unable to use arms to exercise
- no internet access was determined via self-report and internet speed test.

## Locations (1 total)

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The University of Alabama at Birmingham, Birmingham, Alabama, United States