

# Integrating Exercise Into Lifestyle of Cardiac Outpatients

NCT05817305

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**Status** RECRUITING  
**Sponsor** Università degli Studi di Ferrara  
**Enrollment** 5,000 participants

## Key Eligibility Criteria

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### Inclusion (1)

- the presence of one or more previous cardiovascular events

### Exclusion (5)

- Ejection fraction  $< 30\%$
- Chronic heart failure NYHA III-IV
- Severe aortic or mitral valvulopathy
- Severe physical or cognitive impairment
- Exercise-induced complex arrhythmias

## Locations (1 total)

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Center for Exercise Science and Sport, Ferrara, Ferrara, Italy