

# Mobile Application-based Exercise Intervention for Pregnant Women

NCT05849649

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Western Kentucky University
<b>Enrollment</b>	176 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Age 18-44
- Confirmed singleton viable pregnancy
- English-Speaking (the app is currently only available in English)
- Physician release to participate in exercise prior to study participation
- Ownership of a smartphone
- ... and 2 more (see full listing online)

### Exclusion (3)

- Multiple gestation pregnancy
- Inability to provide voluntary informed consent
- Any medical condition (pregnancy-related or not) that would preclude exercise.

## Locations (1 total)

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