

# A Hybrid Effectiveness-implementation Evaluation on Programs Promoting Healthy Aging With Sport Exercise (PHASE Program)

NCT06090253

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Status	RECRUITING
Phase	Not Applicable
Sponsor	The University of Hong Kong
Enrollment	1,940 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Age above 60 years

### Exclusion (1)

- Any contraindication to exercise training

## Locations (1 total)

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The University of Hong Kong, Hong Kong, Hong Kong