

A Text- and Audio-based Intervention to Promote Physical Activity in Midlife

NCT06172933

Status	RECRUITING
Phase	Not Applicable
Sponsor	Massachusetts General Hospital
Enrollment	30 participants

Key Eligibility Criteria

Inclusion (3)

- Midlife adults (aged 45-64 years at the time of enrollment)
- Suboptimal physical activity (<150 minutes of moderate to vigorous physical activity, measured by accelerometer)
- Access to a phone capable of receiving text messages and listening to audio files (i.e., a smartphone)

Exclusion (5)

- An unrelated condition limiting physical activity
- Participation in any other programs focused on cardiac prevention or well-being
- A cognitive disturbance precluding participation or informed consent
- Current pregnancy
- Inability to speak/write fluently in English

Locations (1 total)

Massachusetts General Hospital, Boston, Massachusetts, United States