

Smart mHealth Strategy for Physical Activity and Health Promotion

NCT06423014

Status	RECRUITING
Phase	Not Applicable
Sponsor	Taipei Medical University
Enrollment	360 participants

Key Eligibility Criteria

Inclusion (1)

- Adults who is the age of majority, with insufficient physical activity, and a sedentary lifestyle who have smartphones

Exclusion (3)

- Individuals' health conditions may affect physical activity in daily living and the experiment, such as disability, serious health problems
- There are unconventional life plans during the experiment, such as going abroad for vacation, pregnancy, and surgery.
- Individuals have using experiences in any wearable physical activity trackers in the past six months c People who have ever had severe allergies to any wearable device d Professional athletes or student-athletes

Locations (1 total)

Taipei Medical University, Taipei, Taiwan