

Impact 360 for Healthy Agers

NCT06516146

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of British Columbia
Enrollment	60 participants

Key Eligibility Criteria

Inclusion (2)

- Participants who are able to complete questionnaires and follow directions for interventions
- Have access to a smartphone that can support the Fitbit app

Exclusion (32)

- Any neurological disease/disorder diagnosis (Ex: Parkinson's Disease, Multiple Sclerosis, Traumatic Brain Injury, Brain lesion, Stroke, etc)
 - Any chronic medical condition which would affect ability to participate in exercise
 - Any contraindication for exercise based on the Physical Activity Readiness Questionnaire for Everyone (PAR-Q+) and medical clearance form
 - Participants who were told by a medical doctor that they need to be medically supervised for exercise
 - Montreal Cognitive Assessment (MoCA) scores $\leq 21/30$
- ... and 27 more (see full listing online)

Locations (1 total)

University of British Columbia, Vancouver, British Columbia, Canada