

Promoting Physical Activity and Fitness Among Underserved Latino Families Living in U.S.-Mexico Border Regions

NCT06596902

Status	RECRUITING
Phase	Not Applicable
Sponsor	San Diego State University
Enrollment	290 participants

Plain Language Summary

This study is testing a family-based program to increase physical activity and fitness among Latino families living near the US-Mexico border. Both parents and children participate together in sports and exercise activities at community centers.

****You may be eligible if...****

- You are a parent aged 18 or older
- You have a child between 6 and 11 years old
- You live within 5 miles of one of the targeted community centers in the border region

****You may NOT be eligible if...****

- You or your child have a medical condition that prevents participation in sports or exercise
- You or your child score negatively on the Physical Activity Readiness Questionnaire (a standard safety check before starting exercise)

Talk to your doctor to see if this trial is right for you.

Key Eligibility Criteria

Inclusion (3)

- parents aged e18 years
- children aged 6-11 years
- living in the target community (within 5 miles of one of targeted community centers)

Exclusion (1)

- for the parent or child are presence of a medical or physical condition that is contraindicated to participating in sports/exercise (e.g., negative score on the Physical Activity Readiness Questionnaire (PAR-Q)).

Locations (1 total)

San Diego State University, San Diego, California, United States

<https://clinicaltrials.gov/study/NCT06596902>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at [ClinicalTrials.gov](https://clinicaltrials.gov). Generated by [ClinicalTrialsFinder.org](https://clinicaltrialsfinder.org).