

The Effects of Exercise Intervention on Skeletal Muscle and Other Organs in Aged Population and the Discovery of Associated Circulating Biomarkers

NCT06660706

Status	RECRUITING
Phase	Not Applicable
Sponsor	National Yang Ming Chiao Tung University
Enrollment	100 participants

Key Eligibility Criteria

Inclusion (2)

- aged ≥ 65 years
- slow gait speed (<1 m/s in 6-meter walk test) or weakness (dominant handgrip strength <28 kg in men, <18 kg in women)

Exclusion (4)

- established diagnosis of dementia, Parkinsonism or other mobility-limiting, disable conditions
- active, acute diseases receiving treatment, such as cancer, heart failure, COPD and so on
- estimated life expectancy <12 months
- current nursing home residents

Locations (1 total)

Center for Healthy Longevity and Aging Sciences, National Yang Ming Chiao Tung University, Taipei, Taiwan