

Exercise to Fight Obesity

NCT06934681

Status	RECRUITING
Phase	Not Applicable
Sponsor	Instituto de Investigacion Sanitaria La Fe
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (2)

- Age: 18-65 years
- BMI ≥ 35 with comorbidities, or ≥ 40 , regardless of comorbidity presence

Exclusion (5)

- Participation in a structured physical exercise program within the past 6 months
- Presence of musculoskeletal or systemic diseases that prevent participation in a physical exercise program
- Uncontrolled hypertension
- Uncontrolled diabetes, particularly in the presence of severe complications (neuropathy and/or diabetic foot, proliferative retinopathy)
- Uncontrolled or unstable cardiovascular disease (acute myocardial infarction within the past year, angina, heart failure, peripheral artery disease)

Locations (2 total)

Facultad de Fisioterapia, universidad de Valencia, Valencia, Valencia, Spain
Hospital La Fe, Valencia, Valencia, Spain