

# Fun Exercise Intervention for Older Adults to Improve Intrinsic Capacity and Motivation

NCT07133568

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Cardenal Herrera University
Enrollment	120 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Community-dwelling adults aged 60 years or older.
- Able to walk independently, with or without assistive devices (e.g., cane or walker).
- Provide written informed consent before participation.
- Willing and able to attend scheduled exercise sessions and assessments over the full duration of the study.

### Exclusion (6)

- Presence of severe psychiatric or psychological disorders that may interfere with participation or adherence.
- Physical incapacity to perform moderate-intensity exercise safely.
- Participation in another structured multicomponent exercise program during the intervention period.
- Cognitive impairment that limits comprehension or execution of instructions, as determined by clinical evaluation.
- Recent fractures, or uncontrolled cardiovascular conditions that contraindicate exercise.

... and 1 more (see full listing online)

## Locations (1 total)

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Universidad Ceu Cardenal Herrera, Valencia, Valencia, Spain