

Improving Exercise Adherence With App Technology for At-Risk Adults Living in Rural Kansas and Nebraska

NCT07171255

Status	RECRUITING
Phase	Not Applicable
Sponsor	Creighton University
Enrollment	54 participants

Key Eligibility Criteria

Inclusion (6)

- Age 40-85 years
- Characterized as underactive by the Telephone Assessment of Physical Activity (TAPA)50
- Self-reported proficiency in English
- Own a smartphone and willing to download an application
- Primary care provider clearance to participate for those who do not pass the PAR-Q+51
- ... and 1 more (see full listing online)

Exclusion (4)

- Contraindications to high-intensity exercise
- Cognitive impairment (<19 on the Telephone Montreal Cognitive Assessment [MoCA])
- Neurodegenerative or acute neurological diagnoses (e.g., Parkinson's disease, stroke, traumatic brain injury)
- Orthopedic surgery or injuries in the last 6 months

Locations (2 total)

Emporia State University, Emporia, Kansas, United States
Creighton University, Omaha, Nebraska, United States