

Mat Pilates on Body Awareness and Physical Activity Levels in Sedentary Emerging Adulthood Women

NCT07362277

Status	RECRUITING
Phase	Not Applicable
Sponsor	Necmettin Erbakan University
Enrollment	54 participants

Key Eligibility Criteria

Inclusion (2)

- Possess the ability to read and understand Turkish, be between the ages of 18 and 29,
- I have a sedentary lifestyle, possess the cognitive ability to understand and interpret survey questions, and for sedentary participants, not have engaged in regular exercise for 2 months, have a Physical Activity Score (IPAQ) -short form of less than 600 Metabolic Equivalent of Task (MET) minutes per week, and body weight below 130 kg.

Exclusion (2)

- Participants with chronic, neurological, orthopedic, rheumatic systemic and/or lung disease, those who exercise/sport, have a history of malignancy, are pregnant, have a history of fracture in the last year,
- I have chronic kidney or liver disease, have cardiovascular disease, and have peripheral vestibular disorder were excluded.

Locations (1 total)

Necmettin Erbakan University, Seydi_ehir Health Services Vocational School, Therapy and Rehabilitation Department, Konya, Tyrkey, Turkey (Türkiye)