

Effects of Wearable Device Functions and Health Coaching on Device-measured Movement Behaviours and Cardiometabolic Risk Factors in Adults With Central Obesity

NCT07379970

Status	RECRUITING
Phase	Not Applicable
Sponsor	The University of Hong Kong
Enrollment	133 participants

Key Eligibility Criteria

Inclusion (6)

- Age 40 years or older
- Central obesity, defined as waist circumference: e90 cm for men; e80 cm for women
- Insufficient physical activity based on World Health Organization (WHO) guidelines
- Physical activity assessed using the International Physical Activity Questionnaire (IPAQ) - Short Form
- Ownership of a smartphone
- ... and 1 more (see full listing online)

Exclusion (1)

- unable to perform daily-life activities, based on the Physical Activity Readiness-Questionnaire (PAR-Q) (24) and/or participation in another lifestyle-change intervention study.

Locations (1 total)

Exercise Physiology Lab, The University of Hong Kong, Hong Kong, Hong Kong