

Exercise Approaches and Physical Activity Level in Inactive Adults

NCT07411248

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Biruni University |
| Enrollment | 30 participants |

Key Eligibility Criteria

Inclusion (3)

- Taking fewer than 5,000 steps per day and classified as physically inactive according to the International Physical Activity Questionnaire-Short Form (<600 MET-min/week)
- Residing in Istanbul
- Willingness to participate in the study

Exclusion (7)

- Diagnosis of end-stage congestive heart failure
- Presence of malignant or unstable arrhythmia
- Lack of adequate infrastructure to participate in technology-based physical activity programs
- Presence of mental dysfunction
- Presence of acute musculoskeletal injury
- ... and 2 more (see full listing online)

Locations (1 total)

Biruni University, Istanbul, Zeytinburnu, Turkey (Türkiye)