

Motivational Support for an Autonomous Exercise Program for Healthy Aging

NCT07447453

Status	RECRUITING
Phase	Not Applicable
Sponsor	Hospital Universitario Getafe
Enrollment	190 participants

Key Eligibility Criteria

Inclusion (3)

- years of age or older.
- Obtain a score of 4 or higher on the SPPB.
- Be able to ambulate, with or without assistance.

Exclusion (3)

- Be unable to give consent or refuse to do so.
- Be unable to understand the instructions.
- Have a diagnosis of a disease or clinical condition that, in the researcher's judgment, contraindicates physical exercise.

Locations (2 total)

Hospital Universitario Getafe, Getafe, Madrid, Spain
Primary Care, Madrid, Madrid, Spain