

Group-Based Exercise Intervention to Prevent Cognitive and Motor Decline

NCT07494149

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Bergamo
Enrollment	158 participants

Key Eligibility Criteria

Inclusion (4)

- At least 50 years old;
- Able to move independently;
- Live in the community;
- Demonstrated ability to comprehend complex verbal instructions.

Exclusion (4)

- Presence of severe neurological and psychological conditions;
- Less than 9,36 score in the FAB15;
- Lack of medical clearance to participate in an exercise program;
- Less than 75% of attendance.

Locations (2 total)

Centre for Healthy Longevity, Bergamo, Bergamo, Italy
University of Bergamo - S. Agostino, Bergamo, BG, Italy