

# WhatsApp Radio Taiso Exercise Program for Adults Aged 60+

NCT07497529

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	Ondokuz May1s University
<b>Enrollment</b>	30 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Being 60 years of age or older
- Being able to use a smartphone and the WhatsApp application
- Having internet access
- Being able to walk independently (including using assistive devices)
- Being able to understand verbal instructions
- ... and 1 more (see full listing online)

### Exclusion (4)

- Having undergone major orthopedic surgery within the last 6 months
- Having uncontrolled cardiovascular disease
- Having a serious neurological disease that prevents participation in exercise
- Being unable to exercise due to severe balance disorders or a history of falls

## Locations (1 total)

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Ondokuz May1s University, Samsun, Turkey (Türkiye)