

# Virtual Assistant for Exercise Adherence in Older ADULTS

NCT07498530

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	University of Valencia
<b>Enrollment</b>	70 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Adults aged 60 years or older.
  - Community-dwelling individuals capable of participating in an exercise program.
  - Ability to complete 60-minute exercise sessions, three times per week during the 12-week intervention.
  - Experimental group (BOT Group): Participants willing to use a smartphone/tablet and interact with the virtual assistant.
  - Control group (Municipal Exercise Group): Individuals already enrolled in the municipal program Enguera se saludable.
- ... and 1 more (see full listing online)

### Exclusion (7)

- Medical contraindications to physical exercise, as determined by clinical judgment (e.g., uncontrolled cardiovascular, respiratory, or metabolic conditions).
  - Severe cognitive impairment or neurological conditions that limit the ability to follow instructions or safely perform the exercise program.
  - Severe mobility limitations preventing participation in structured exercise (e.g., inability to walk independently with or without aid).
  - Acute musculoskeletal injuries or recent surgeries that contraindicate exercise participation.
  - Individuals currently participating in another structured exercise program that would interfere with the study interventions (other than Enguera se saludable for the control group).
- ... and 2 more (see full listing online)

## Locations (1 total)

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Carmen García Gomariz, Valencia, Spain