

Feasibility of a Yoga Intervention in Sedentary African-American Women

Status: Recruiting

Eligibility Criteria

Sex: Female

Age: 18 Years to 65 Years old

This study is also accepting healthy volunteers

Inclusion Criteria:

- Self-identified as an African-American woman at least 18 years old
- Engaging in less than 30 minutes/week of moderate-to-vigorous physical activity
- If employed, working in a sedentary occupation that requires primarily seated work; If unemployed, typical day involves sedentary, primarily seated activities
- Able to exercise for 20 minutes continuously
- No pre-existing condition that limits physical activity
- Access to a computer (or mobile device) and internet service

Exclusion Criteria:

- Diagnosed with heart disease, diabetes, cancer, kidney, liver disease, major depression or bipolar disease
- Take more than two daily medications for lipids or blood pressure
- Current smoker

Conditions & Interventions

Interventions:

Behavioral: Yoga Intervention

Conditions:

Sedentary Behavior

Keywords:

Yoga, African-American, Feasibility Study

More Information

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