

BYRONCAMP Study

BYRONCAMP is a 12-week, randomized, controlled trial comparing the effects of a 12-week, supervised, group-based exercise program (BYRONCAMP) to a 12-week, supervised, individual-based exercise program (CONTRAST).

The primary outcome is the change in the number of participants who are able to walk for 30 minutes without stopping, at the end of the 12-week program. Secondary outcomes include changes in walking speed, distance, and quality of life.

BYRONCAMP is a 12-week, supervised, group-based exercise program. Participants will attend 12 sessions of 30 minutes of supervised walking, 3 times per week. The program will be delivered by a group of trained staff members. The program will be delivered in a group setting, with a maximum of 10 participants per group. The program will be delivered in a supervised setting, with a maximum of 10 participants per group.

CONTRAST is a 12-week, supervised, individual-based exercise program. Participants will attend 12 sessions of 30 minutes of supervised walking, 3 times per week. The program will be delivered by a group of trained staff members. The program will be delivered in an individual setting, with a maximum of 1 participant per session.

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