

Volunteers Sought for Research Study

WE STUDYING:

The impact of a new exercise program on your balance, mobility, fitness and thinking.

WE ARE WE LOOKING FOR:

- Healthy active individuals between 70-85 years of age
- No neurological injury or orthopedic disorder. If have undergone cardiac rehab, must have completed it 6 months before this training.
- Able to exercise on a treadmill or recumbent cycle ergometer.

INVOLVEMENT:

You would be asked to participate in an exercise program which includes treadmill walking or recumbent cycling while performing 'brain fitness' computer games. Exercise sessions are 45 minutes long and take place twice a week for 8 weeks. Exercise is scheduled at a time that is convenient for you.

PLEASE CONTACT:

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