

Research Opportunity

Researchers at the University of North Carolina at Greensboro are interested in understanding the effects of exercise on mentally challenging tasks.

Who can participate?

- Adults 65-80 years old
- Right-handed
- Willing to participate in testing for one day a week for three consecutive weeks

Who cannot participate?

- Known history of heart, lung, or metabolic diseases, such as cardiovascular disease, asthma, or diabetes
- Injuries that would prevent you from exercising on a bike
- Implanted medical devices (e.g. pacemaker, aneurysm clips) or magnetic dental work (e.g. magnetic dentures, temporary crowns)

What you will be asked to do:

- Complete questions about your medical history on the phone or by email to determine if you qualify
- Day 1 Testing (<=2 hours) at UNC-Greensboro
 - Complete questionnaires and screening
 - Wear a heart rate monitor at rest for 8 minutes
 - Complete mentally challenging tasks
 - Saliva collection and blood draw
 - Exercise for 8 minutes
- Days 2 and 3 Testing (<=2hours) at the Joint School of Nanoscience and Nanoengineering
 - Complete questionnaires
 - Wear a heart rate monitor at rest of 8 minutes
 - Neuroimaging scans (MRI and fMRI)
 - Blood draw
 - Exercise (moderate intensity) or rest for 30 minutes
 - Blood draw
 - Neuroimaging scans with mentally challenging tasks (MRI and fMRI)

You will be compensated!

Every participant will receive a \$40 Target gift card after the completion of testing

Who to contact?

If you have questions or would like to participate, please contact Lexy at 919-802-2725 or abslutsk@uncg.edu