

Research Opportunity

Researchers at the University of North Carolina at Greensboro are interested in understanding the effects of exercise on memory in older adults.

Inclusion criteria:

- Adult (50-70 years of age)
- Regularly active (≥ 90 minutes of moderate-to-vigorous intensity exercise per week)
- Willing to participate in testing for 3 in person visits followed by 3 follow-up telephone call 24 hours later and refrain from exercise during this time.

Exclusion criteria:

- Medical problems that would limit ability to exercise.

Procedures:

- Telephone or email interview to determine if you qualify
- Day 1, 3 and 5 testing (≤ 90 minutes)
 - Complete questionnaires (day 1 only)
 - Wear a heart rate monitor
 - Perform a combination of exercise and/or resting on a stationary bicycle for 40 minutes.
 - Perform a memory test.
- Day 2, 4 and 6 testing (~ 10 minutes)
 - Perform memory tests over the telephone.

There is no compensation or reimbursement for participation in the study.

If you have any questions or would like to participate, please contact Aiko at a_ueno@uncg.edu or Jarod at jcvance@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu

415-369-7791

a_ueno@uncg.edu