Have You been told that you have Alzheimer’s disease?

AND

Are you 66 years old or older?

An exercise program might be right for you.

Dr. Fang Yu
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Interested in information or enrollment, please contact

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You will be screened first to make sure exercise is safe for you.
Take part in one of the two exercise programs: cycling or stretching. If you could not cycle, an alternative exercise will be worked out.
An exercise trainer will guide you to exercise 3 times a week at a place close to your residence, and monitor your responses to exercise to ensure your safety.
Each exercise session includes warm-up and cool-down activities.
You will gradually increase exercise duration and intensity at your own pace.
Transportation provided for research activities.

Benefits of participation
- Your symptoms will be assessed every three months.
- Exercise is recommended for older adults.
- Regular exercise has many health benefits: improved physical fitness, heart, lung and muscle function, ability to carry out daily activities, stamina, and endurance.
- Improved well-being and reduced burden to family caregiver.

Compensation
- You will receive compensation.
- Some participants will receive a gym membership.

Study sponsor
National Institutes of Health
National Institute on Aging