DO YOU HAVE COGNITIVE IMPAIRMENT? ARE YOU 65 YEARS OLD OR OLDER?

You or your loved one may qualify to participate in an exercise and cognitive training study. Participants involved in this 18-month study will:

- work with exercise and/or cognition specialists
- have their fitness, memory and thinking assessed 5 times
- receive four MRIs to assess brain changes
- be compensated
- receive gym membership reimbursement (location-dependent)

Fang Yu, PhD, RN, FGSA, FAAN
Principal Investigator
Phone: 612-624-5435
Email: yuxxx244@umn.edu
University of Minnesota
School of Nursing
5-140 Weaver-Densford Hall
308 Harvard Street S.E.
Minneapolis, MN 55455
www.nursing.umn.edu
Purpose of the study

The purpose of the study is to test how a 6-month exercise and cognitive training program affects cognition and brain function in people with mild cognitive impairment over 1.5 years.

Both exercise and cognitive training show great promise for preventing Alzheimer’s disease. University of Minnesota researchers seek to discover the most effective approaches to slowing cognitive decline in people with mild cognitive impairment.

ABOUT THE EXPERIENCE

A specialist will work with you three times per week in a combination of exercises and cognitive training activities, dependent upon group assignment.

- You will be screened to make sure exercise is safe for you
- You will take part in the activity at your own pace
- Your memory, thinking and fitness will be assessed 5 times and your brain will be scanned 4 times over 18 months

STUDY SPONSOR

National Institute on Aging, National Institutes of Health

TO LEARN MORE OR ENROLL IN THE STUDY PLEASE CONTACT:

ACT Trial Project Manager
Sue Greimel
Phone: 612-626-9490
Email: ACT-STUDY@umn.edu
Website: http://z.umn.edu/act-study
Facebook: www.facebook.com/act-study

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