

**ARE YOU 65 YEARS OLD OR OLDER?**

**DO YOU WANT TO IMPROVE YOUR  
MEMORY?**

You may qualify to participate in an exercise and virtual reality cognitive training study. Participants involved in this 3-month study will:

- work with exercise and/or cognition specialists
- have their fitness, memory and thinking assessed 2 times
- be compensated
- receive gym membership reimbursement (location-dependent)



**BE PART OF AN  
EXERCISE AND VIRTUAL  
REALITY COGNITIVE  
TRAINING STUDY**

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1100/10-16



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## Purpose of the study

The purpose of the study is to test how a 3-month exercise and virtual reality cognitive training program affects cognition and fitness in people who want to improve their memory.

### 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 2 times

### STUDY SPONSOR

National Institute on Aging  
National Institutes of Health

### TO LEARN MORE OR ENROLL IN THE STUDY PLEASE CONTACT:

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