The purpose of the study is to test how a six-month exercise program affects symptoms of Alzheimer’s disease and brain function over a year.

There are two exercise programs:
- Cycling on a stationary bike
- Stretching and Range of Motion
Have you been told that you have Alzheimer’s disease? Are you 66 years old or older? Consider participating in an exercise research program being conducted by the University of Minnesota!

**Study procedures**

- An exercise specialist will work with you three times a week in a gym near your home and monitor your response to exercise to ensure your safety
- You will be screened to make sure exercise is safe for you
- You will be placed in an exercise program, either cycling or stretching
- You will be picked up at your home by a staff person
- You will gradually increase the time and intensity of the exercise at your own pace
- Your symptoms will be assessed every three months

**Reasons for the study**

- More than 5.2 million Americans have a diagnosis of Alzheimer’s disease
- Exercise has many well-known health benefits
- Exercise shows great promise as a potential non-drug treatment for Alzheimer’s disease

**Benefits of participation**

- Regular exercise is recommended for older adults and has many health benefits
- Participants will be supervised for safety during exercise
- Free transportation will be provided
- Compensation will be provided
- Most participants will receive a gym membership
- Family caregivers may enjoy 6 to 10 hours of respite weekly

**Learn more or to enroll**

**Contact:** Project Manager
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