

FIGHT-AD

Discover if lounging in a hot tub could provide similar metabolic and brain benefits as exercise.

Join the FIGHT-AD Study!

This research explores whether sitting in a hot tub can be a substitute for exercise in improving metabolic and brain health, particularly by enhancing the body's glucose processing. Since not everyone can exercise effectively, we are exploring alternative approaches.

Who Can Participate?

- Individuals 65 and older without cognitive impairment
- History of or current metabolic impairment such as metabolic syndrome, pre-diabetes, Type 2 Diabetes, history of hypertension or BMI over 30

FIGHT-AD Study Details

- 10-week intervention where participants will sit in a hot tub for 45 minutes three times a week.
- Compensation is available

Become a Research Hero!

Learn More

Please call (913) 588-0555 option 1

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