



*Interested in learning  
why exercise is beneficial  
for the brain?*

## **CONSIDER THE AEROBIC STUDY**

We are looking for individuals to participate in a study with a total of four in-person visits to help us to understand how the brain uses energy and how those energy changes may contribute to brain health. After the initial screening of memory and fitness, participants are randomized into moderate or high intensity stationary bike exercise followed by a blood collection and brain imaging. The same procedures are also performed during a resting visit.

### **WHO CAN PARTICIPATE?**

- / Those are at least 60 years old
- / Those able to exercise on a stationary bicycle and treadmill
- / Not insulin-dependent
- / Not currently taking a blood thinning medication

*We need YOUR help to answer  
this important question.*

