Exercise has tremendous benefits for the body. We are still learning how it benefits the brain, and what different kinds of exercise do for the brain.

The COMET study will help us learn if weight training versus endurance training, like walking, have different benefits for the brain as we age.

ARE YOU:
• Ages 65-80?
• Looking to become more active?
• Able to walk with no pain or assistive device?

If so, you many be able to participate in this research study to explore whether a supervised 12-month moderate exercise program can improve brain health and cognitive function in older adults.

Gym membership, a personal trainer and compensation up to $500 will be provided.

FOR MORE INFORMATION: 913-588-0555, OPTION 1 | KUADRC@KUMC.EDU