

Opportunity to Participate in Research on Boosting Brain Health with Exercise

**Are you interested in becoming more physically active?  
Do you have high blood pressure or diabetes?  
Do you have trouble remembering?**

If you answered yes to any of these questions, do not let this unique opportunity pass you by. We are recruiting people to this research study to better understand how aerobic exercise impacts brain physiology and cognition. Our multi-pronged approach includes brain magnetic resonance imaging (MRI, a non-invasive and safe procedure that allows us to take pictures of the brain), ultrasound of blood vessels, and clinical assessments. Ultimately, we hope to find beneficial effects on memory, attention, blood vessel health, and overall benefits to brain physiology.

We are recruiting individuals between 60 and 80 years of age who either have a history of high blood pressure, diabetes, or other cardiovascular risk factors, or are concerned about recent changes in their memory. Like any research study, our study has some exclusion criteria, which include individuals who have had a severe stroke or have been told by their family doctor to avoid vigorous physical activity.

Participants will be asked to complete four assessments upon entering the study, and again at six-month and one-year follow-up time points. These assessments will occur at Sunnybrook Hospital or Toronto Rehabilitation Institute (both locations are near Bayview and Eglinton Ave). During the 6-month exercise program, participants will be asked to exercise 5 times per week, including one weekly-supervised group session held at the Rumsey Centre. Transportation for the assessments and the weekly group sessions will be reimbursed. Some participants will be selected at random to attend weekly stretching and flexibility exercise sessions at Sunnybrook for 6 months before starting their exercise program.

Enrolment into the study is ongoing with new exercise programs beginning every month. This study has been approved by the Research Ethics Board at Sunnybrook Health Sciences Centre.

If you or any of your friends and loved ones may be interested in participating or would like further information, please contact:

**Sarah Atwi, PhD Candidate at University of Toronto**

Email: [activebrain@sri.utoronto.ca](mailto:activebrain@sri.utoronto.ca)

Phone: **416-480-6100 ext 85407**