

Exercise for Brain Health



Concerned about your memory?
Find out if you can join

Brain

Training Study

The University of Sydney is looking for people aged **60 and older (no upper limit!)** who have **memory concerns, but do not have dementia** to join the BRAIN Training Study.

Research has shown that **people who are more physically active have a reduced rate of memory loss and risk of developing dementia.** This study will look at the effect of three types of physical exercise on your brain health and physical function.

This study includes **FREE**:

- ✓ Complete medical screening
- ✓ Ongoing assessment of your brain and physical function
- ✓ MRI scan of your brain at the start and end of the study
- ✓ Aerobic, resistance or balance & mobility exercise sessions supervised by qualified and experienced health professionals.

Training sessions will be offered **3 days per week at different times throughout the day over 12 months**, and take place at **The University of Sydney, Cumberland Campus, Lidcome NSW 2141.**



THE UNIVERSITY OF
SYDNEY



Australian Government
National Health and
Medical Research Council

To learn more about this study and find out if you can take part, please contact Ms Isabel Shih at The University of Sydney on **9036-7418** or email us at **FHS.BrainStudy@sydney.edu.au** You can also find us on Facebook at **USYDBrainStudy**