

Refining Exercise Prescriptions for Mild Cognitive Impairment

PURPOSE OF THIS STUDY:

To determine whether various exercise programs are able to combat cognitive decline. These include an aerobic training exercise program, a resistance training exercise program, a combination exercise program of aerobic and resistance training, and a balance and tone exercise program.

WHO CAN PARTICIPATE?

You may be eligible to participate if:

- You are aged 65-85
- You are experiencing mild changes in memory or cognition
- You are in sufficient health to participate in regular physical activity
- You are not currently participating in any progressive exercise program more than once a week
- You have not been diagnosed with dementia or neurodegenerative disease
- You are not taking medications that negatively affect cognitive function

WHAT IS INVOLVED?

Participants will receive 4 times weekly, hour-long classes for 6 months. Participants are randomly assigned to a program of resistance training, aerobic training, combined aerobic and resistance training, or balance and toning training. In addition to the exercise programs, blood draws and measurement sessions will take place at the beginning and end of the study. All sessions will be held at Vancouver General Hospital.

CONTACT INFORMATION:

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PRINCIPAL INVESTIGATOR

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STUDY TIME /DURATION

Ongoing until December 2019

STUDY LOCATION

Research Pavilion and Robert H.N. Ho Research Centre,
Vancouver General Hospital

To learn more about this study, visit vchri.ca/participate