

PARTICIPANTS NEEDED FOR RESEARCH IN PHYSICAL ACTIVITY, BRAIN FUNCTION, VISION AND MOOD

We are looking for people 65 years of age or older who are not currently physically active (i.e. engaging in no more than 60 minutes of moderate-to-vigorous intensity physical activity per week) and are free from cognitive impairment, auto-immune disease, type II diabetes mellitus, cardiovascular disease, obesity and are not taking hormone replacement therapy.

This study consists of two visits, as well as an optional third visit, to McMaster University:

Visit #1: This visit will take approximately 1 hour. We will assess body composition and collect general background information from you. You will then complete a cognitive test and a physical activity questionnaire. At the end of the visit you will be given a pedometer to wear for a week to track your activity.

Visit #2: This visit will take approximately 1 hour and will involve a blood draw, a cognitive test, as well as mood and physical activity questionnaires.

Visit #3: This visit is optional. It would take approximately 1 hour and would involve cognitive, vision, and visual perception tests. You would also wear the Muse headband, which records your brain activity in a painless and non-invasive fashion.

You will be compensated for participating in visit #1, #2, and #3. This involves completing questionnaires, cognitive and visual testing, body composition assessments, brain activity recording, and the collection of a blood sample.

If you fit the criteria and are still interested in participating in this study, please contact Alexis and David at:

moveforthemind@gmail.com

Alexis: 905-726-5942; David: 289-668-0656

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