

RCT

The preliminary RQ is; In a population of older adults between the ages of 50-80 and >1 year post-stroke, does a sex difference exist in the efficacy of exercise to improve cognition, following a 6 month high intensity aerobic exercise regime vs a low intensity balance and flexibility exercise regime?

IV: Time and Treatment Group

DV: Cognitive Tests (FWD and BWD Verbal Digit Span, Stroop Test and Trail Making Test B) which were assessed pre and post the intervention program

Moderator: Sex

- The FWD and BWD Verbal Digit Span test measures verbal item and working memory
- The Stroop Test measures selective attention and conflict resolution
- The Trail Making Test B measures task shifting