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