



Virtual Reality Motor-Cognitive Exercise for Healthy Aging Study (HUM00284237)

WHO

- 60 years and older
- Be able to exercise safely

WHY

- To improve cognitive and physical function
- To help prevent Alzheimer's disease dementia

HOW

- Virtual reality motor-cognitive exercise
- Friday & Saturday
- 4:00-4:45 pm

OR

- Multicomponent exercise and Tai Chi
- Tuesday & Thursday
- 1:30-2:15 pm



WHEN

March 10 -April 30 for 8 weeks

PRE & POST ASSESSMENTS

INCENTIVE PROVIDED

MORE INFO



734-615-0376

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- Cognitive tests
- Functional fitness tests
 - 4-min walking
 - 5 sit-to-stands
 - balance test

Wearing the ActiGraph activity monitor for 7 days

REGISTER NOW



SCAN HERE