

# EXERCISE AND BRAIN HEALTH

*The purpose of this study is to look at the impact of exercise on cerebrovascular health.*

Are you  
between the  
ages of 65-80?

Would you like to  
start an exercise  
program with a  
fitness pro?

Are you willing to  
get an MRI?

If yes, you may be eligible to participate and will be compensated for your time!



If you would like more information  
about this study,

***Graded Intensity Aerobic Exercise to Improve Cerebrovascular  
Function and Performance***

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