



## 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

chenwy@umich.edu

- 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