



**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



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

Wearing the ActiGraph
activity monitor for 7 days



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REGISTER NOW



SCAN HERE