EXERCISE EFFECTS ON NEUROPLASTICITY WITH AGING

Exercise improves brain health. But do brain-benefits of exercise reduce as we age?

SIGN UP HERE

Scientists want to study if the brain's ability for neuroplasticity after exercise gets weaker with age.

WHAT WILL PARTICIPANTS BE ASKED TO DO?

5 lab visits, 2-3-hours each over 2 weeks for exercise on a bike, and noninvasive measures of brain activity and exercise intensity.

WHO CAN JOIN?

Healthy, age 18-30-years OR more than 60-years. No neurological conditions, no orthopedic conditions that limit exercise on a bike. Contact us to check if you qualify.

You can earn up to $50 ($10/visit in Amazon gift cards).



Want to learn more? Contact the study team at:

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