



The EXERT Study: Building Memories through Exercise

Help researchers identify the right dose of exercise for people with mild memory problems

What is the EXERT Study?

EXERT is a national, 18-month long, clinical trial to test whether physical exercise can slow the progression of early Alzheimer's disease related memory problems or mild cognitive impairment in older adults. EXERT is taking place at 15 academic medical centers and YMCA's in the US.

Who Can Participate in the EXERT Study?

Adults between the ages of 65 and 89 years who:

- Are experiencing mild memory loss or lapses and/or are diagnosed with Mild Cognitive Impairment
- Have not been regularly exercising
- Are not taking insulin for diabetes
- Are in good health otherwise
- Can speak English fluently
- Can identify someone who knows them well and who would be willing to come to the clinic to answer questions about the participant
- Eligible adults must be willing to participate in **either** the stretching / balance / range-of-motion group or the aerobic group

Participants must be able to exercise at a participating local YMCA 4 times per week for 18 months (duration of the study)

Participants must also be able to come to the clinic for physical exams, blood collection, cognitive testing, and brain imaging.

What's Great about EXERT for Participants?

- An 18-month membership to a participating YMCA
- A personal trainer for 12 months
- A personalized exercise program
- Medical evaluations (including a brain scan)
- An opportunity to meet new people
- An opportunity to help find a new treatment for people with mild memory problems
- A chance to feel better ~and~ **have fun!**

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