

# Seeking Volunteers for a Study of Exercise and Brain Health



## **Would you like to participate in a research project?**

Researchers from the University of British Columbia and Centre for Complex Disorders are interested in measuring the effects of exercise on brain health and function. We are seeking volunteers who would like to participate in a 12-week exercise program.



## **We are looking for healthy volunteers:**

If you are between the ages of 19 and 45 and are physically able to participate in modest to moderate exercise, we invite you to join our study.



## **What the research involves:**

This is a 12-week study in which you will receive a full health and fitness assessment before and after the completion of the exercise program. Certified fitness instructors will individually tailor the exercise program to your fitness level.



To measure brain function, you will have an opportunity to take part in a number of assessments of your memory and reaction speed.

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### **Principal Investigator:**

Dr. Donna J. Lang

### **Co-Investigators:**

Dr. William Honer  
Dr. Alexander Rauscher  
Dr. Geoffrey Smith  
Dr. Allen Thorton  
Dr. Talia Vertinsky  
Dr. Darren Warburton

If you are interested in participating, please contact us for further details at 604-875-2000 x4731, or via email: [brain.imaging@ubc.ca](mailto:brain.imaging@ubc.ca)

If you would like to reach the Principal Investigator for the study, Dr. Lang can be reached at 604-875-2000 x4727, or via email: [dlang@mail.ubc.ca](mailto:dlang@mail.ubc.ca)