

LET'S EXERCISE!

Study #: 20180926

Effective Date: 7/29/2020



Participate in a **REMOTE** supervised 8-week **EXERCISE** program!

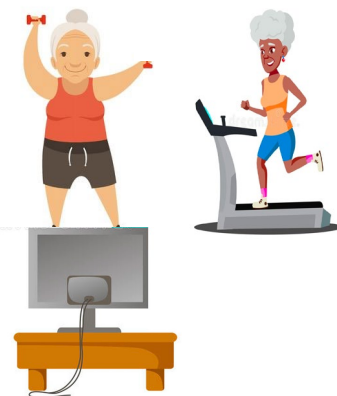


We are doing a research at the University of Miami to see if a **remote delivery home-based exercise** program can improve your **thinking** and the ability of your **brain to change and learn** (brain plasticity).

You may qualify if:

1. You are a healthy adult
2. You are **55 years** or older
3. You **DON'T** regularly exercise
4. You are able to exercise
5. You can operate basic computer or smartphone functions

Participation will be compensated



*Participants will be continuously monitored by a trained member of our study team

Principal Investigator: Dr. Joyce Gomes, PT, PhD

Contact us for more information: 305-912-7871