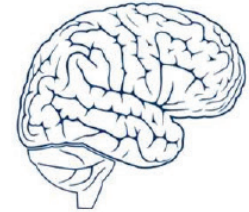


Over 60?

Want to start exercising?



Volunteers Needed



Researchers at Oxford University are investigating the effect physical activity has on the brain. Participants will be given a free supervised exercise programme and undergo MRI brain scans.

If you would like to find out more please contact:
07512 684994 exercise@fmrib.ox.ac.uk

Volunteers Needed

Researchers at the University of Oxford are currently investigating the effects physical activity can have on the brain.

This research will involve over 100 adults who are over 60 years old.



What's Involved?

Physical Activity

Participants will be given a 12-week supervised exercise programme at the CLEAR Unit in Headington, Oxford. The CLEAR Unit is a fitness studio designed specifically for people who rarely exercise and is run by experienced personal trainers.

The CLEAR Unit is easily accessible by public transport, or free parking is available, and we aim to schedule fitness sessions around participants' availability.

Brain Imaging

In order to find out whether exercise affects the brain as well as the body, we will perform Magnetic Resonance Imaging (MRI) brain scans. These techniques provide us with images of the brain and allow us to measure brain function.

We will scan participants' brains before and after their 12-week exercise programme, and after 12-weeks of their normal routine.

FAQ

- *Do I have to be fit to take part?*

No - we're especially interested in hearing from people who don't exercise regularly.

- *Do I have to pay for the fitness training?*

Fitness training is provided free of charge, and participants will be reimbursed up to £300 plus travel expenses for taking part in the study.

- *Are MRI scans safe?*

MRI scans are safe, non-invasive and do not involve any x-rays.

- *What if I don't want to carry on with the study?*

You can withdraw at any time and without giving a reason.

This study is funded by the Oxford NIHR Biomedical Research Centre and has been approved by the National Research Ethics Service (10/Ho605/48)

Leaflet Version 1 – 30/01/2012

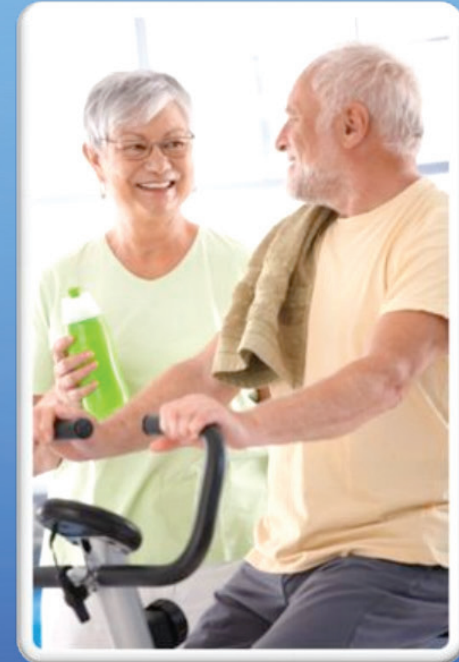
Contact Us

If you have any questions about our research or are interested in taking part, please do not hesitate to contact us:

- Telephone:
07512 684994
- Email:
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- Address:
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