

The WISE Lab (Wellness Initiative for Senior Enrichment) at UC San Diego is currently recruiting older adults between the ages of 65 and 80 to participate in the “Intervention for Healthy Brain Aging Study.” This study is a novel healthy aging intervention aimed at improving brain health and cognitive functions in older adults who are NOT currently very physically active (those who perform less than 60 minutes per week of moderate to high intensity exercise leading to light sweating and increased heart rate in the past 6 months).

You may qualify if; a) you are in good overall health, b) you own a smartphone [Android or iPhone], c) you are able to walk independently, d) are not currently experiencing memory problems and have not been diagnosed with any neurological conditions, including dementia or mild cognitive impairment, e) qualify to undergo magnetic resonance imaging (MRI), f) and perform moderate intensity exercise – resulting in at least light sweating – for less than 60 minutes per week in the past 6 months.

The “Intervention for Healthy Brain Aging Study” will randomly assign participants to a home-based exercise condition or a home-based healthy aging education condition for three months. Visits to UC San Diego campus will occur prior to, at 6 weeks, and following the intervention (12 weeks). These visits will consist of fitness and cognitive testing, brain MRI, and face-to-face training with a health specialist. During the intervention period, you will receive regular phone calls from study staff. You will be compensated for participating.

**If you or someone you know may be interested in participating in this research study, please contact the WISE Lab at (858) 822-7737**

Study goal	Participant requirements	What will I have to do?	How long will the study last?
Improve brain health and cognitive functions in older adults who are NOT currently very physically active	<ul style="list-style-type: none"> <li>• No memory or other cognitive problems</li> <li>• Age 65-80</li> <li>• Be in good overall health (<i>e.g. able to walk independently, no falls in the past year resulting in hospitalization</i>)</li> <li>• Own a smartphone</li> <li>• No neurological conditions (<i>including dementia or mild cognitive impairment</i>)</li> <li>• Able to undergo MRI</li> </ul>	Depending on your assignment the study requires: <ul style="list-style-type: none"> <li>• home-based exercises</li> <li>• home-based healthy aging reading materials</li> </ul> <p><i>* Note: You cannot choose your group assignment.</i></p>	3 months at home plus 3 measurement visits to UC San Diego campus

Dr. Zvinka Zlatar is a faculty member at UC San Diego and is the principal investigator of the WISE (Wellness Initiative for Senior Enrichment) Lab. Her lab investigates the mechanisms by

which behavioral factors, such as exercise, diet, and cardiovascular risk affect brain health, with the ultimate goal of developing behavioral interventions to decrease Alzheimer's disease risk in normally aging adults.

Exercise is beneficial to cognitive functions in older adults because it can change the structure and function of the brain, improving performance on tests of memory, cognitive flexibility, and fast processing of information. However, we don't know much about whether exercise interventions conducted in a person's own environment, on their own time, and without direct supervision can also improve brain health and cognitive functions. The WISE Lab would like to learn more about how the use of mobile health technology can help older adults walk independently for brain health.

The ultimate goal of the WISE Lab is to help maintain cognitive functions in aging and promote behaviors that are beneficial to brain health while learning about the underlying neural and vascular mechanisms that drive these changes.