



Brain Health Research Study

Virtual Reality, Cycling, or a Combination of Both

What is involved?

A brain and body training program on UCSD's off-campus health science facility, plus:

- MRI brain imaging
- Bone density scan (involves radiation)
- Cognitive tests and questionnaires
- Physical function tests
- Blood draw

Time commitment

Approx. 8-9 months including 4 months of active study participation and a follow-up visit 4 months later.

Who can participate?

- 50-85 years of age
- Fluent in English
- Can safely ride a stationary bike
- No pacemakers
- No claustrophobia
- No fear of needles or blood
- No prior history of fainting due to sight of needles of blood

Compensation

Participants will be financially compensated with \$585 in cash for completing all assessments.

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