

## Concurrent Aerobic Exercise and Cognitive Training to Prevent Alzheimer's in at-risk Older Adults (The Exergames Telerehabilitation Study)

**Status:** Recruiting

### Eligibility Criteria

**Sex:** Male or Female

**Age Group:** 18 years and over

This study is NOT accepting healthy volunteers

**Inclusion Criteria:**

- at least 65 years old - experiencing a memory or cognitive problem - speak English - no physical problems that prevent exercise

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**Exclusion Criteria:**

- diagnosis of dementia or mild cognitive impairment - neurological or major psychiatric disorder, alcohol/chemical dependency or recent medical condition (anesthesia or COVID-19 brain fog) likely causing cognitive impairment - currently enrolled in another clinical study

### Conditions & Interventions

**Conditions:**

Brain & Nervous System, Community Health

**Keywords:**

cognitive, exercise, Memory

### More Information

**Description:** The purpose of this study is to test the effects of an in person or home-based exergame intervention on improving cognition and fitness in community-dwelling older adults with memory complaints. The exergame refers to a new low-cost virtual reality cognitive game with cycling. We expect that participants will be in this research study for 4 months. Intervention sessions will require approximately 1 hour, 3 days per week for 3 months.

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**IRB**

**Number:** STUDY00020635

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