



Stand Up and Go

The project is investigating whether reducing sitting time and/or increasing physical activity may help people reduce their risk of cognitive decline. Participation involves two visits at the start and end of a 12 week period, where participants will complete memory tests, some physical fitness, and a blood test. Participants will also be asked to wear an accelerometer and inclinometer for 7 days after the visit. These are two small electronic devices (about the size of a man's watch) that are used to measure an individual's overall daily activity. Participants will also be asked to undergo an MRI brain scan at the Royal Melbourne Hospital at the start and end of the 12 week period. There will be three groups in the project. Two of the groups will be given a home-based physical activity program. In addition to the physical activity program, one of these two groups will set goals to reduce the amount of time they spend sitting each day over the course of the program. The third group will be asked to continue with their usual routines for the 12-week period. At the conclusion of the study, participants in the third group will be offered the opportunity to attend a two-hour workshop about physical activity and sitting time reduction.

Why is this project important?

Recent studies have shown that physical activity and sitting time reduction may have health and cognitive (memory) benefits, however, no such study has looked at the benefits of these two programs in combination. The result of this research study will contribute to knowledge which might help people reduce their risk of cognitive decline (deterioration of brain function such as memory and language).

Key questions that the research is trying to answer

Investigate whether sedentary adults can adhere to a 12-week physical activity and sitting time reduction program

Investigate the benefits of the program in terms of health, cognitive function, and brain structure
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Lead NARI researcher

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