

Would you like to become more physically active and reduce your sitting time to support your brain health?

The National Ageing Research Institute (NARI) is looking for volunteers to join the Stand Up & Go study, a sitting time reduction and physical activity program.

This 3 month study at NARI is about improving physical and brain health and we would be delighted to hear from you if you:

- are aged between 50-85 years old
- currently do less than 60 minutes of moderate intensity physical activity per week
- are happy to have assessments at two time points, including memory, fitness, and brain imaging



If you or someone you know may be interested in participating or would like further information, please contact:

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