

# Fortifying Healthy Behaviors, Optimizing Medical Therapies and Enhancing Cognitive Function in Older Adults-pilot Study

NCT07000734

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Status	RECRUITING
Phase	Phase 2
Sponsor	Washington University School of Medicine
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (6)

- Participants must be residents of Illinois or Missouri and able to come to St. Louis offices in person.
- Ages 50-70
- Able to come to the research center for testing and intervention visits.
- Sedentary (no moderate exercise and no more than 15-minutes per day of light exercise (confirmed via interview with participants)).
- BMle27 or Body Roundness index e6
- ... and 1 more (see full listing online)

### Exclusion (7)

- Dementia or other clinical neurodegenerative illness (e.g., Parkinson's disease, cerebrovascular disease unless minor eg one lacunar infarct with minimal/no impairment) per self-report or medical records.
- Medical conditions that suggest shortened lifespan (such as metastatic cancer), severe/uncontrolled psychiatric disorders or conditions that would prohibit safe participation.
- Unable to perform study assessments.
- Alcohol or substance abuse within 6 months per self-report or medical records.
- Concurrent cognitive training, such as brain-training software, or other interventions expected to affect neuroplasticity.
- ... and 2 more (see full listing online)

## Locations (1 total)

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Washington University School of Medicine, St Louis, Missouri, United States