

# THE PACE STUDY

In this study, we are looking at individuals of all fitness levels to determine the influence of activity on blood-brain flow.

## Who can participate?

- Anyone ages 18-64

## What to expect?

- Complete a single 2-hour session including physical and mental health questionnaires, body composition test, cerebrovascular assessment, and fitness assessment

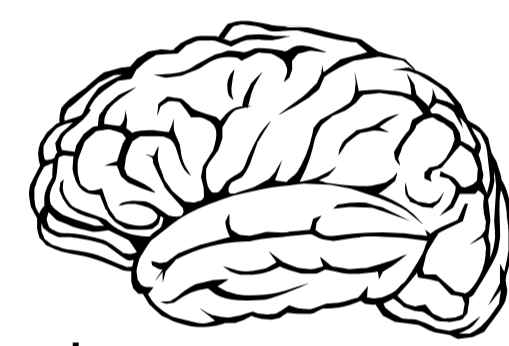
## Benefits:

- Access to free, high-quality fitness testing using state of the art equipment
- Personalized reports of body composition, fitness levels, and cerebrovascular assessments

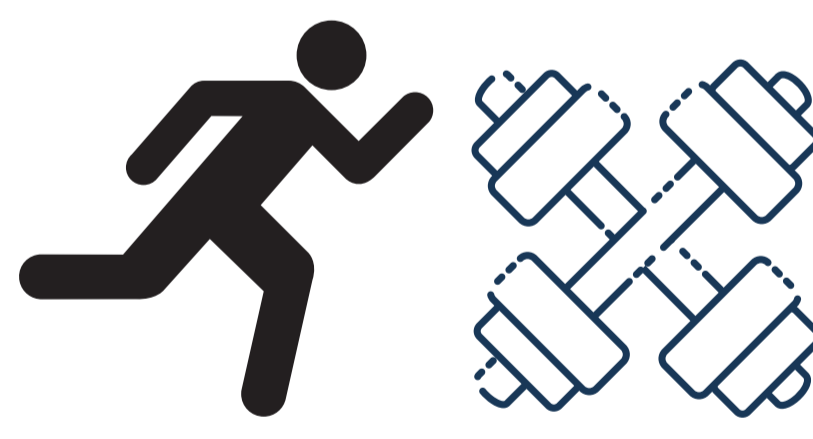
## Procedure



Questionnaires



Cerebrovascular testing



Fitness Assessment

Scan the QR Code to take the Screening Survey to find out if you are eligible!



Additional exclusion criteria will be assessed on the screening survey.

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