
INVITATION TO PARTICIPATE



Does a 12-week exercise program improve executive function in young adults with Down syndrome?

Dear participant,

We are seeking individuals with Down syndrome aged between 15 and 35 to participate in some fun and exciting research! As a participant you will complete some activities that look at how you learn, remember information, problem-solve, what you pay attention to and what skills you use to carry out tasks. These activities can be completed at La Trobe University, within your local community or at your home. After this activity session you will either:

- (a) Participate in a 12 week exercise program and complete another cognitive activity session once your exercise program has been completed

OR

- (b) Continue your activities as usual and complete another cognitive activity session 12 weeks after your first session. After the 12 week period has ended, you will begin your 12 week exercise program.

We will randomly allocate you to either group (a) or group (b). Everyone will have access to a 12 week exercise program. You will be provided with free access to a gym and an individualised exercise program administered one-on-one with a mentor. Your parents/carers will also be asked to answer some questionnaires regarding your daily functioning and activities.

Why are we doing this?

Individuals with Down syndrome are at an elevated risk for cognitive decline compared to people of similar ages.

People with Down syndrome can have problems with memory, processing speed and executive function. This limits opportunities to access and participate in physical activity.

Physical activity may effectively improve, or reduce cognitive decline in young adults with Down syndrome.



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