The purpose of the Longitudinal Impact of Fitness and Exercise (LIFE) study is to obtain information about aerobic fitness and physical activity in middle-aged and older adults over time in order to better understand how aerobic fitness and physical activity might help promote healthy brain aging and delay the onset of clinical symptoms of Alzheimer's disease in the future.

What does my participation involve?
The LIFE study involves two study visits (baseline and follow-up) that will occur two years apart. Each visit will take place over 1-2 days, and the total amount of time for each visit is about 6 hours. Each visit will involve the following:
- Taking your vitals (such as height and weight)
- Two blood draws (pre- and post-exercise)
- A treadmill exercise test
- MRI scan
- Lumbar puncture to collect spinal fluid (optional)
- Filling out questionnaires about physical activity and sleep habits
- Receiving an accelerometer, which is a small device that records your physical activity

Who can participate?
We are currently enrolling WRAP and WADRC participants with and without a family history of Alzheimer's disease who meet eligibility criteria and have already undergone or will undergo PET scanning.

Who may not participate?
- People who have had a heart attack
- People who have had a stroke
- People who have congestive heart failure
- People with disorders of blood clotting and/or bleeding
- People who have other health conditions or physical limitations that might prevent them from exercising on a treadmill
- People who are unable to undergo magnetic resonance imaging (MRI)

Compensation: Up to $250 per visit
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