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JOIN OUR RESEARCH STUDY TO EXPLORE IF **RESISTANCE** EXERCISE IMPROVES MENTAL HEALTH

Who Can Join?



- Adults aged 18-65 with depression who do not currently participate in Resistance Exercise Training more than two times a week

How Will I Benefit?



- Structured exercise training
- Personalized health education + reports on your health and physical activity
- \$250 in compensation, take-home exercise gear and more!

What Can I Expect?

EXERCISE



- 1-hour exercise sessions twice weekly for 16 weeks, using state-of-the-art equipment with professional guidance

ASSESSMENTS



- 5 health assessment visits (2 hours each) over the course of 1-year to complete mental health screeners and blood draws, and wear a cap to measure brain blood flow

FOR MORE INFORMATION, CONTACT US!



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