

Are you feeling down, stressed or worried?

Concerned about memory or thinking changes?



Physical activity can help to reduce stress, anxiety and improve low mood. It can also support your brain health.

The University of Melbourne's
EXCEL (EXercise for Cognitive hEalth) study
aims to improve wellbeing through physical activity at home.

You don't need to be physically active to take part!

To join the study or for more information
please scan the QR code



Otherwise, contact by email or phone:
excel-study@unimelb.edu.au
(03) 8344 1879 (opt.2)

We want to hear from you if you:



Are aged between 45-80 years old and live in the community



Experience mild to moderate symptoms of low mood (depression) or stress (anxiety)



Have memory concerns or have noticed changes in your memory and/or thinking



Are willing to take part in a 12-week home-based physical activity program



THE UNIVERSITY OF
MELBOURNE