



Participants Wanted!

We are interested in examining the effects of different modality training programs on multitasking performance

WHO?: We are looking for healthy older adults (aged 60-80 years)

WHERE?: University of Guelph, Animal Nutrition building (ANNU 273)

WHAT?: We will ask to meet via email or phone to discuss our protocol and informed consent process in more detail. If you are interested in participating, a link to a Qualtrics form will be sent to you where we will ask you to complete general health screening questions [~5 minutes]. Finally, we ask you to attend two testing sessions in our laboratory (pre- [1.5 hours] and post-training [60 minutes]) and eight training sessions in our laboratory (two sessions per week for four weeks [30 minutes/session]).

This project requires you to:

- Bring your own fitted t-shirt, shorts/leggings, and walking shoes/sneakers to the testing sessions.
- Have reflective markers placed on your head, shoulders, arms, trunk, legs, and feet. This will allow us to track movements (only the markers are visible to our cameras).
- Use a virtual reality headset for the majority of the study duration while walking bouts of seven metres (23 feet) at a time.
- Attend a total of approximately 6 weeks of testing (2 sessions in the control group, 10 sessions for the training groups).

Some financial incentive is available. Additionally, any costs related to parking will be reimbursed.

Identified information obtained in this study will be kept confidential at all times

This project has been reviewed by the Research Ethics Board for compliance with federal guidelines for research involving human participants (REB #1818).

If you are interested in participating, please contact:

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