

# 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 to improve wellbeing through physical activity at home.

We want to hear your thoughts and ideas about physical activity 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 happy to take part in a phone or video chat with a researcher (about 60 mins)

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

**To join the study or for more information, contact:**

**Rebecca Moorhead**  
**(03) 8387 2483**

**[rmoorhead@unimelb.edu.au](mailto:rmoorhead@unimelb.edu.au)**

Participation will include a \$20 gift voucher

