

# Goals of the Research Study

This study aims to examine the effects of Inspiratory Muscle Strength Training on brain health.



Stronger breaths,  
sharper minds?

Evaluating the effect  
of breath training on  
brain health.

## Education

Assessments and resources will provide information on how breathing muscles work, proper breathing techniques, and safe use of the training device.



## Potential Benefits

You will have access to an Inspiratory Muscle Strength Training device, a smart watch for step tracking, and access to online resources. Using this type of intervention may have benefits for heart health.

## Participation

This study is open to adults 60-80 and takes place over the course of 8 weeks. Participating involves attending:

- Two in-person assessments
- Seven weekly in-person check-ins



## Compensation

Eligible participants may receive a total of \$230 through the course of the study.

## Interested in learning more?

If you would like to learn more and complete a screening, please email us at: [healthy.aging@med.fsu.edu](mailto:healthy.aging@med.fsu.edu) or call **850-644-4209** stating you're interested in the "IMST" project.