

# Kaitlyn Weare

## HONOURS RESEARCH



### Research Focus:

Kaitlyn's honours research is focused on understanding how acute exercise effects cognition in healthy older adults. The main objective is to measure whether moderate intensity continuous exercise (MICE) or high intensity interval training (HIIT) has a better effect on reaction time in this population. Previous research has demonstrated that an acute bout of exercise leads to longer lasting positive effects on cognitive functions such as cognitive flexibility, working memory, inhibitory control and problem solving. Although there is an abundance of research on the relationship between acute exercise and cognition, the mechanisms are not fully understood. In Kaitlyn's study, cerebral oxygenation was measured during cognitive testing in order to investigate the role of increased blood flow on cognition. Results from her study will be used to improve exercise protocols within Acadia's Active Aging program.

### About Kaitlyn:



Kaitlyn Weare is a 4<sup>th</sup> year kinesiology student from Ottawa, Ontario. Throughout the past 4 years, Kaitlyn has actively been involved with the S.M.I.L.E. program, KinderSkills and Cardiac Rehab. She has also volunteered her time at the Valley Regional Hospital with cardiac patients and is a teaching assistant for Research Methods of Kinesiology.

Her research interests were fueled by her interest in the brain and her passion to promote active aging within the community. Upon graduation, Kaitlyn plans on pursuing a career in medicine.

Supervisor: Dr. Saïd Mekary