

Karly Stefro

HONOURS RESEARCH



Research Focus:

Karly's research is focused on the effects of an acute bout of moderate intensity exercise and high-intensity exercise on cognition in older adults. As the aging population is increasing in size, and cognitive impairments are becoming more prevalent, it is important that we find safe and effective methods to minimize the degree of cognitive decline. Previous literature has shown that long-term exercise promotes blood flow to the brain and improves cognitive processes through alterations in brain metabolism. However, the acute cognitive effects from exercise at different intensities is still widely variable. This study begins to investigate the most promising protocol to increase blood flow and improve cognitive processes following acute bouts of exercise at moderate intensity and high intensity.

About Karly:



Karly is a 4th year student involved in the Exercise Science & Training Practicum. She is currently the Vice President of the Acadia Kinesiology Society and a TA for multiple Kinesiology courses. Karly is also involved in the Cardiac Rehab program and Active Living programs. She has a passion for promoting a healthy active lifestyle, specifically with the aging and chronically ill population. Following graduation, she plans to obtain her Clinical Exercise Physiologist certification (CSEP-CEP) and to work through C.O.L.S. with Acadia and the surrounding community.

Supervisor: Dr. Saïd Mekary