



## Brain and Physical Fitness

Sponsored by: **UCSF Dept. of Physical Therapy & Rehab. Science**  
In Partnership with: **Campus Life Services Fitness & Recreation**



In basic and clinical research studies, it has been demonstrated that exercise can keep the brain and the body healthy. If these exercises are based on learning, it is possible to improve memory and improve physical function. This series of classes includes fun and challenging computer based learning games to improve your memory. In addition, each person will ride a stationary bike or walk on a treadmill to improve mobility skills and cardiopulmonary endurance. Up to three clients will be working on these training exercises supervised by a physical therapist, physical therapist assistant or athletic trainer. These sessions in a fitness setting provide a safe exercise environment, provide social benefits and will be fun.

### "Brain and Physical Fitness" Education and Exercise

**Day & Times:** Please contact us for schedule

**Location:** **Health & Wellness Program**

Bakar Fitness & Recreation Center, Mission Bay  
1675 Owens Street, SF, CA 94158 Rm 195

**Forms & Requirements:** Signed Registration Form, Release Agreement and Intake forms are required before beginning participation. As a safety precaution, all participants must be able to walk independently with or without a walker. Participation is subject to screening by the supervising physical therapist. Clients also need to request their physician to provide clearance for exercise. A brief physical examination will be done before and after the 8-week sessions.

**Instructor:** Nancy Byl, PT, PhD, FAPTA is a licensed physical therapist. She is the director of the UCSF Graduate Program in Physical Therapy. Her research interests involve both basic science and clinical research. She is collaborating in research on neuroplasticity with Michael Merzenich in the Keck Center for Neurosciences.

University of California  
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Physical Therapy and Rehab. Science  
PT Health and Wellness Program