

**Applicant**

Dr. Ada Tang, McMaster University

Trainee: Kevin Moncion

**E-mail Address**

atang@mcmaster.ca

**Project Title**

The role of exercise intensity on the longitudinal trajectories of cardiovascular, cardiometabolic and functional outcomes in stroke recovery

**Project Summary**

Many individuals with stroke have disabilities that can affect their ability to live physically active lifestyles. This puts people with stroke at risk for future cardiovascular disease, cognitive and walking impairments, and repeat strokes. It is recommended that individuals with stroke participate in at least 150 minutes of more intense physical activity each week to improve their health. Research has shown that moderate-intensity physical activity can improve walking, memory, fitness, and blood pressure, and other risk factors for stroke and heart disease. There have been no large studies that have examined whether more intense physical activity is better for improving heart health in individuals with stroke. Our study will use the Canadian Longitudinal Study on Aging to explore whether exercise intensity improves cardiovascular, walking, and memory, and thinking in people with stroke over 3 years.

**Keywords**

Stroke, Physical activity, Exercise intensity, Cardiovascular, Functional recovery