



## The McGill University Research Centre for Studies in Aging (MCSA) participates in Marathon OASIS de Montreal on Sunday, September 25, 2016!

Dear members and friends of MCSA:

We are very excited to tell you that we are going to participate for the 6<sup>th</sup> time, in the Marathon OASIS de Montreal event as the “McGill University Research Centre for Studies in Aging” **MCSA TEAM in 2016!** Physical exercise continues to be one of the few proven ways to promote physical and mental health, and prevent neurodegeneration, and we are proud to give you the opportunity to actively participate in it! Like last year, the proceeds of your participation fee will **help support research activities of the Centre, further contributing to battle dementia and neurodegeneration.**

The OASIS Marathon of Montreal event is a yearly event that attracts many thousand participants. In 2016, this half-day event takes place on Sunday, September 25, 2016, and features a full and half marathon (42.2 and 21 km), a 10km, a 5km event. The MCSA will participate in the 5k, 10k, 21k and 42.2k events.

At MCSA, we actively promote the theme of prevention to our members, donors, and friends of the Centre. There are three areas of prevention which have shown most beneficial: cognitive training (‘use it or lose it’), healthy diet (‘you are what you eat’), and regular physical exercise (‘a healthy mind in a healthy body’).

Besides our cognitive training program ‘P.O.N.D.E.R.’ on McGill’s servers ([www.ponder.mcgill.ca](http://www.ponder.mcgill.ca)), we are also actively engaged in the physical exercise aspect. There are so many health benefits to physical exercise that it is hard to list them all – it strengthens your muscles, improves your cardiovascular system, helps maintain or promotes the loss of weight, increases the efficiency of the immune system, just to name a few. Where physical exercise really shines is what it prevents from happening – obesity, depression, cardiovascular disease, and most importantly in our context, mental disease. The link to dementia and neurodegeneration probably exists through the positive effects on your vascular system. Thus, participating in this event (and training for it!) is an active step you can take to prevent all kinds of bad things happening to you, including neurodegeneration and dementia. Since the event is staged to fit all ages and fitness levels, we invite you to participate! Consider doing the 5k, 10k, 21k or 42.2k to actively do something for your health, and prevent neurodegeneration! There’s more – besides the direct health benefits, the proceeds of this event will go to **help support the research at the Centre which investigates what science can do to help prevent the disease in the aging population, and what are the best treatment options for those who are already affected.**

Consider to register with the « **MCSA Team** ». The small difference in registration price when compared to the individual registration will support the research at the McGill University Research Centre for Studies in Aging, and you will receive donation tax receipts for it. If you would like to donate more, you are more than welcome to do so and the additional amount will be reflected accordingly in your donation tax receipt.

In addition to actively help promote research as a MCSA member when participating in this event; you will receive a T-shirt with the MCSA logo with your registration that we would invite you to wear in pride for the event.

Finally, don’t hesitate to **tell your friends and family members** about this event, and **encourage them to participate with you!** There is no better way to actively promote your own health, and help the research of the Centre in search for better ways to prevent and cure neurodegeneration and dementia!

**Staff members of MCSA will be Team Leaders for each course event. More detailed information will follow.**

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