

DO YOU WANT TO PARTICIPATE IN AN EXERCISE PROGRAM AFTER STROKE?

- Have you had a stroke within the last 2 months?
- Are you willing to have an MRI scan?
- Do you want to exercise with us over 8 weeks from the comfort of your own home?



**YOU MAY LIKE TO
PARTICIPATE IN THE
PISCES-ZODIAC
STUDY**

WHAT WILL YOU GET OUT OF THIS?

1-on-1
sessions with an
exercise
professional



1 hour per day



3 x per week



8 weeks

Sessions will be conducted from your home via videoconferencing programs on a provided device

FOR MORE INFORMATION...



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Epworth



MONASH
University



Western Health

Study Name: Post Ischaemic Stroke Cardiovascular Exercise Study (PISCES): The brain benefits of exercise after stroke.

Ethics Approval: This study has been approved by the Austin Health Human Research Ethics Committee.

Project Number: HREC/16/Austin/45, Version 4, 15 September 2020