Identify Potential Study Participants
• Chart review of patients of the UBCH-CARD

Recruitment

Consent and Screening Session

Baseline Assessment

Concealed Random Allocation

Control
Usual care provided by neurologist and will receive educational material about vascular cognitive impairment

6-Month Outcome Assessment

Follow-Up Period

12-Month Outcome Assessment

Intervention
Usual care provided by neurologist and 6 months of thrice-weekly aerobic-based training (i.e., walking). Will also receive educational material about vascular cognitive impairment

6-Month Outcome Assessment

Follow-Up Period

12-Month Outcome Assessment