

# AMA – Sample of Title Page

**TITLE:**

The title should be centered, bold, and written in title case. Place 3-4 lines below the top margin.

**In Community-Living Elderly, Does High-Intensity Interval Training Lower the Risk of Falls Compared to Conventional Exercise Programs?**

**PAGE**

**NUMBER:**

Number the title page as the first page of your paper. Put page numbers in the upper right corner.

1

**AUTHOR:**

The author's name should be placed 2 lines below the title. After the author's name, include the institution. Your instructor may want additional information included, such as date or court title.

Brett Bastian  
Northwestern College  
April 2022

11"

8 1/2"