Male and Female Volunteers Needed for an Exercise Research Study

This study will look at the effects of exercise training on exercise capacity and physical function in people with type 2 diabetes.

You may be eligible if you:
• Are generally healthy with or without type 2 diabetes
• Are 50 to 70 years old (women must be post-menopausal)
• Do not smoke
• Exercise one hour or less per week
• Have a Body Mass Index (BMI) between 25-35 kg/m²

You may check your BMI at this website: http://www.nhlbisupport.com/bmi/

Qualified participants may receive:
- 5 month exercise training program
- Diabetes education material
- Exercise prescription
- Blood tests
- Exercise testing

Financial compensation provided

For information call Leah at (303) 724-2255 or e-mail Ian.Leavitt@ucdenver.edu

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