

Are You Interested in an Exercise Research Study? Volunteers NEEDED with and without Diabetes



Are you interested in the benefits that exercise may be able to offer you?

Purpose of Our Research Studies:

Our studies focus on diabetes, cardiovascular health & disease, and exercise ability.

The ACTIVE Research Lab is looking for:

- ◆ Men and Women
- ◆ 30-55 years of age
- ◆ Non-smoker
- ◆ Not exercising more than 1 hour/week
- ◆ If Type 2 Diabetes, not being treated with insulin

Benefits of participation may include:

- ◆ Information regarding your health status
- ◆ Testing for cholesterol, body fat, bone density, and aerobic fitness
- ◆ Free access to gym for exercise program
- ◆ Compensation is provided*



For more information, contact:
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*for those deemed eligible who choose to participate

