

Do you have Type 1 Diabetes and an interest in regular exercise?

If you have type 1 diabetes and:

- are between 18 – 55 years old,
- use an insulin pump and CGM,
- have an interest in exercising before or after breakfast 3 times per week for 12 weeks,
- have BMI >25 • have lived with T1D for >5 years

You may qualify for a research study looking at the effects of regular exercise on insulin sensitivity and muscle fat deposits.

If you are interested, or know someone who would qualify, please call or email:

diabex@ualberta.ca

780-492-8079

Or, visit our website:

www.padlresearch.com

