

TIMING OF ACTIVITY FOR CONTROLLING BLOOD GLUCOSE IN TYPE 2 DIABETES



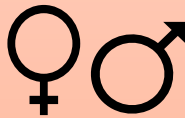
We are investigating the effects of timing of physical activity on blood glucose control, activity levels and cardiovascular risk.

MOVEMENT HAS WIDE RANGING BENEFITS FOR PEOPLE WITH TYPE 2 DIABETES

This will involve fortnightly visits with an Accredited Exercise Physiologist for 8 weeks. You will wear a continuous blood glucose monitor and physical activity monitor for 14-days at the beginning and end of this period & 7-days mid intervention. You will be given specific advice about physical activity, whilst continuing your standard-care treatment.



Women and Men
with Type 2
Diabetes <20 years
duration



Women and men
aged between
40 – 70 years




Women and men
with normal BP and
no history of CVD


Benefits of participation: Advice on exercise and Type 2 Diabetes, detailed monitoring and feedback on 24-hour blood glucose levels, diet, activity levels (active minutes, steps, sleep patterns across the day) and blood pressure.

If you are interested in receiving more information please contact:

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