

Do you have TYPE 1 DIABETES?

We are seeking participants for a research study observing the effects of current exercise guidelines on whole-body and muscular health.

Eligibility

- Age: 18 - 30
- Diagnosed with type 1 diabetes
- Sedentary or recreationally active



How will you benefit?

- Participate in physical activity
- Learn about your fitness, strength, muscle health, and body composition
- Receive the activity monitoring technology used in the study
- Receive the CGM technology used in the study

What is required of you?

- Participation in 17 weeks of at-home exercise
- Five visits to the McMaster University campus
- Testing includes fitness and body composition assessments, blood sample, as well as vascular and muscular measures

Compensation for your time will be provided



Questions? Interested in participating?

CONTACT US!

HOMET1D@McMaster.ca

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