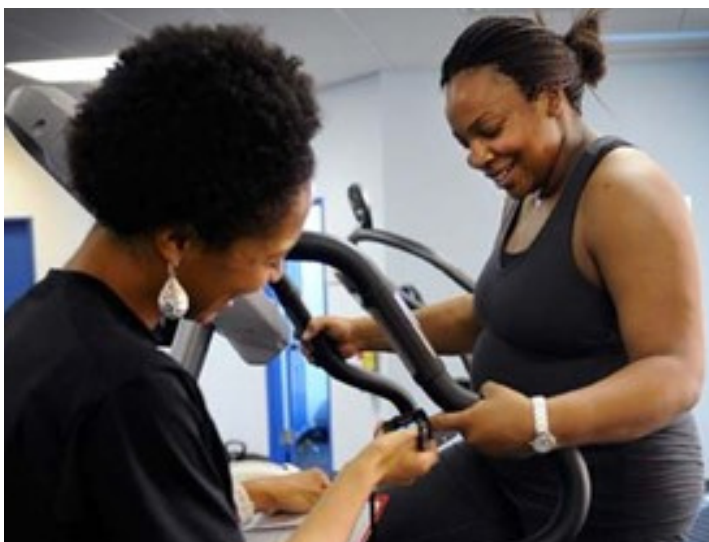


# CU Anschutz Health and Wellness Center

## ARE YOU AT RISK FOR DIABETES AND INTERESTED IN EXERCISE?



Volunteers needed to learn about the importance of exercise timing in sugar metabolism.

To apply scan QR code or contact:  
[Rebecca.rosenberg@cuanschutz.edu](mailto:Rebecca.rosenberg@cuanschutz.edu)



**In order to enroll all participants must meet specific criteria.** The criteria listed above is only a partial list of all the requirements to participate in this research study. Only a clinical research staff member can determine eligibility. See if you qualify!

**Principle Investigator:** Rebecca Rosenberg, DO  
**COMIRB Protocol #:** 23-1721

### To be eligible to participate you must:

- Be a man or woman between 18 and 45 years old
- Have a diagnosis of prediabetes (hemoglobin A1c between 5.5-6.4%) OR have a family history of type 2 diabetes and have one other risk factor (elevated weight, high cholesterol, or high blood pressure)
- Not currently exercising regularly
- Have a BMI between 30.0 and 40.0 kg/m<sup>2</sup>  
[Calculate your BMI here](#)
- Are willing to undergo three, 3-day exercise conditions followed by a day in the lab.
- Live or work within 30 minutes of the Anschutz Medical Campus

### What you will receive:

- 3 weeks of monitored exercise separated by one month.
- Assessment of body composition, lab values, physical activity level, insulin resistance and glucose metabolism, and sleep.
- Access to the exercise facility at the University of Colorado Anschutz Medical Campus for limited days during the study (See facility at: <http://www.anschutzwellness.com/fitness>)
- Compensation provided.

