Research Study Title: Heart rate variability-guided exercise training in type 2 diabetes
Flyer V3, 5-6-21
IRB# 2021-0165

Type 2 Diabetes Research Study

- Have you been diagnosed with Type 2 Diabetes?
- Are you between the ages of 40-70?
- Are you overweight?
- Are you sedentary (less than 60 minutes of physical activity a week)?

We are examining physical fitness before and after an exercise training study comparing the effects of personalized training to traditional exercise training or usual care.

The study will include:
- 4 testing visits to UIC including:
  - Fitness and physical activity and measurements
  - Health and physical activity-related questionnaires
  - Blood pressure and heart rate measurements
- 16 weeks of treadmill exercise training (if applicable) including:
  1-day a week supervised exercise training at UIC, with 3 d/wk at home (16 supervised exercise sessions at UIC, and 48 at-home exercise sessions).

This study is being conducted by Dr. Tracy Baynard in the Dept. of Kinesiology & Nutrition at the University of Illinois at Chicago and will take place in the Integrative Physiology Laboratory located at 1640 W. Roosevelt Rd., Chicago, IL 60608.

You will be compensated for your participation.

If interested, please contact Dr. Tracy Baynard at (312) 996-9607 or tbaynard@uic.edu