DO YOU WANT TO IMPROVE YOUR HEALTH THROUGH EXERCISE BUT DON’T HAVE ENOUGH TIME?

We are looking for men and women who are at risk of diabetes (prediabetes) to participate in an exciting exercise study at Duke University which takes half the recommended time.

You may qualify if you:

- Are 65-80 years of age and are overweight
- Have a fasting sugar level which increases your risk of diabetes
- Are NOT currently exercising regularly
- Are able to walk unaided

Qualified participants will be asked to take part in a supervised exercise intervention program at Duke Center for Living.

For more information, contact the Study Team at LSSResearch@dm.duke.edu or 919-660-6688

Participants will receive compensation upon the completion of the study.