**Wanted: Men with Type 2 Diabetes**

For a research study on the health benefits of ‘HIT’ exercise (as featured on the BBC Horizon documentary ‘The Truth about Exercise’).

***What is HIT?***

High-intensity Interval Training (HIT) is a time-efficient exercise programme involving short cycle sprints.

***Who can volunteer?***

Men (aged 18-60) with type 2 diabetes who are not on insulin therapy or more than two anti-diabetic drugs.

***What is involved?***

* We will ask each volunteer to take part in four separate study conditions, with each condition measuring the effect of a different type of exercise on blood glucose levels over the course of a day.
* One of the routines will be our new exercise protocol consisting of 10 minutes of low intensity cycling plus two short sprints.
* The other routines involve either standard moderate intensity exercise recommendations or a different type of interval exercise, which are both known to be beneficial for blood glucose levels. You would also complete a condition involving no exercise.
* During each condition, we would ask you to wear a small blood glucose monitor continuously for approximately 42 hours over a 3-day period. The majority (~40 hours) of this time would be spent away from the university doing your normal daily activities.

***Other information***

On completion of the study, you would receive a small cash payment of £100 for your time and effort and to cover any travel expenses accrued during the study.

The study is funded by the Diabetes Research and Wellness Foundation, and has ethical approval from the Office for Research Ethics in Northern Ireland (ORECNI)

**For further information or to volunteer to participate, please contact Dr Richard Metcalfe by email (**[**r.metcalfe@ulster.ac.uk**](mailto:r.metcalfe@ulster.ac.uk)**) or by phone (028 716 75037).**