

SEEKING PARTICIPANTS

Research Study

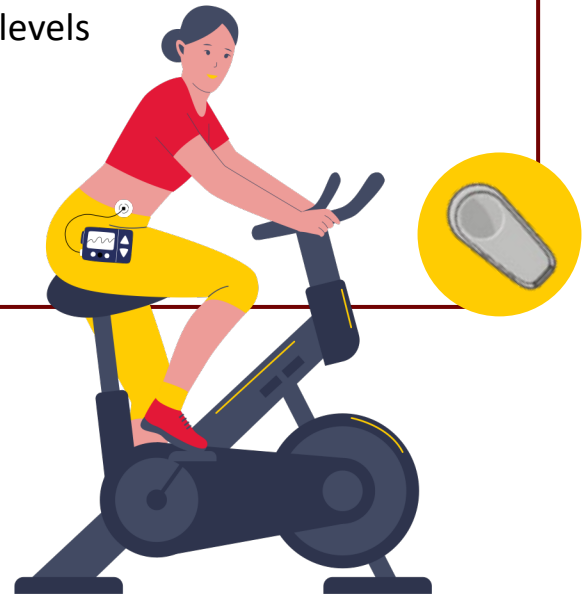
We are seeking participants for a study examining the effects of blood sugar levels on markers of muscle fatigue.

ELIGIBILITY

- Age 18-60
- Recreationally active
 - >150 minutes of moderate to vigorous physical activity per week
- Living with **OR** without type 1 diabetes (T1D)
 - individuals with T1D on an insulin pump

BENEFITS TO YOU

- Receive a continuous glucose monitor (CGM)
- Learn about your fatigue response to physical activity under different blood sugar levels



PARTICIPANT REQUIREMENTS

- Participate in up to 4 lab visits (12-hour commitment) at York University
- Stationary bike fitness assessment
- Fatigue testing using a stationary bike, leg muscle strength, and glucose and lactate sample measures
- 14-day wear of a continuous glucose monitor

If you are interested in participating, or have any questions, please

CONTACT US:

Andrew Richards: ajrich@yorku.ca

&

Lauren Turner: turnel4@yorku.ca

The principal supervisors on this study are Dr. Arthur Cheng and Dr. Michael Riddell