

Volunteers Needed for UB Exercise Research Study in Adults (≥ 60 years old) with or without Diabetes

The study is to determine the muscle and brain oxygen level, fatigue, and performance changes in sedentary older adults with diabetes. We will need (1) participants who are sedentary adults with type 2 diabetes who will perform **2-month exercise** at home and (2) active adults with type 2 diabetes or healthy active adults who will **NOT** do exercise for this study.

You Qualify for the Intervention Group If You:

- Are 60 years old and older
- Are ambulatory with/without assistive devices
- Can follow simple exercise instructions
- Are a non-smoker or have not smoked in the past year
- Have Type 2 diabetes with blood sugar ≤ 400 mg/dL or HbA1C $<8.0\%$
- Do not do cycling, strength training or walking faster than usual for 60 minutes weekly = NOT active
- Do not have current cardiovascular diseases, vascular diseases foot deformities, amputation, glaucoma, Parkinson's disease

You Qualify for the Comparison Group If You:

- same as the intervention group but do exercise such as cycling, strength training or walking faster than usual longer than 60 minutes weekly = Active
- With/without type 2 diabetes, no type 1 diabetes

Potential Benefits for Intervention Group

Participating in this study will bring potential benefits to fatigue relief, gait speed, endurance, and memory improvements after 2-month exercise for the intervention group.

Participation Involves (Intervention Group)

- Participants in 2-month exercise including leg strengthening with ankle weights (provided), chair-stand, heel-raise, and fast walking in your home.
- Two-time assessments at baseline and after 2 months, at UB Kimball Tower, including answering questions and blood oxygen measurements using lightweight and non-invasive devices on forehead and shank
- Keeping a daily log of exercise

The comparison group will NOT do exercise and be measured only one time.

Location: We will need you to come to UB (119 Goodyear Road) for assessments for both groups and participants in the intervention group will do 2-month exercise at your home.

All participants will be compensated.

FOR MORE INFORMATION

Please contact Fiona (Fei Zhao) at 716-907-2498, email fzhao6@buffalo.edu.