

# This is a Research Study

## FREE HOME-BASED HEALTH CHECK AND PERSONALISED EXERCISE PROGRAMME

Version 2 08/10/2020

### Who can take part in this study?

- Diagnosed with Type 2 Diabetes (diagnosed within 2 years)
- Male or Female
- Aged 40-75
- Must have a smart phone

**SIGN UP TODAY!**

### What is the aim of the study?

The study aims to identify effective methods to help people with T2D increase and maintain their everyday physical activity levels and start exercising regularly to benefit their physical and mental health.

### What does the study involve?

The study includes a 6-month exercise intervention which you will co-design with an exercise specialist. Throughout the 6-month period you will have 5 exercise consultations with your exercise specialist. You will also complete a health check, in your own home, before the intervention, immediately following the intervention (6-months) and 6-months after the intervention (12-months).

**Email: [K.Hesketh@2012.ljmu.ac.uk](mailto:K.Hesketh@2012.ljmu.ac.uk)**

for more information or to sign up today



## Mobile Health Biometrics to Enhance Exercise and Physical Activity Adherence in Type 2 Diabetes

We are contacting you as you have been identified as potentially eligible for a research study being conducted by Liverpool John Moores University. We are aware that you have recently (within the last 2 years) been diagnosed with Type 2 diabetes. As a result, you are being invited to participate in a research study. The study aims to help people with Type 2 diabetes increase their everyday physical activity levels and start exercising regularly to benefit their health.

Full information on the study can be found in the participant information sheet included in this information pack. Briefly, the study includes a 6-month home-based exercise intervention which you will co-design with an exercise specialist. Throughout the 6-month exercise intervention you will have 5 exercise consultations with your exercise specialist. You will also complete a health check, in your own home, before the intervention, immediately following the intervention (6-months) and 6-months after the intervention (12-months).

Please contact the study team, using the information below, if you would like to learn more about the study.

### **Do I have to take part?**

***You are under no obligation to take part and your decision will not affect your clinical care. It is entirely up to you.***

Thank you in advance for considering this request

Your Sincerely



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