



HOPE FITNESS STUDY

TYPE 2 DIABETES RESEARCH

Eligibility Criteria

- Lives in the US
- Diagnosed with Type 2 diabetes
- 18 years old or older
- Not using GLP-1 meds or insulin
- 150+ minutes of moderate exercise per week

What is this study about?

The HOPE Fitness study tests an online peer-led intervention to improve exercise and fitness in people with Type 2 diabetes. Peer leaders guide and support participants through their fitness journey.

YOU CAN RECEIVE UP TO \$120
IN GIFT CODES

What do peer leaders do?

Peer leaders participate in a private Facebook group for 4 weeks, engaging with and supporting participants.

Time commitment: 1-3 hours per week

SCAN HERE IF INTERESTED:



Contact us
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