



# 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**  
(949) 522-9165

**UCI** School of Medicine  
Department of Emergency Medicine

**Email**

hopestudy@hs.uci.edu

