

# Is Sitting Down Too Much Affecting Your Glucose Management?

## Who can take part in this study?

- Diagnosed with Type 1 Diabetes (for at least 3 years)
- Aged 18-66
- Spend most of your day sitting down
- Don't exercise regularly

## What is the aim of the study?

The study aims to see if taking short active breaks can improve glucose management and wellbeing in people with type 1 diabetes who spend the majority of their day sitting down.

## What does the study involve?

The study includes a 1-month intervention where you will be given help to take regular short (3 minute) walks to break up your sitting time. You will also complete a health check, in your own home, before and after the intervention. You will receive £75 in vouchers for your participation.

**Email: [extod.active@gmail.com](mailto:extod.active@gmail.com)**

for more information or to sign up today

**This is a Research Study**

