



## **Research Study of Fitness and Type 2 Diabetes Risk in Youth 13-18**

### **Who is eligible?**

Adolescents 13-18 years old at risk for diabetes. At risk can be qualified as:

- Not getting 30 minutes of activity every day
- Being classified as overweight for your age
- Having a family history of Type 2 diabetes

### **Why participate?**

- Receive novel information on diabetes risk that you wouldn't get at a regular doctors' visit
- If eligible, you will receive personal training and a 6-month YMCA/YWCA pass
- Learn the skills to build physical activity into your daily routine, and reduce your risk of chronic disease

### **What is involved?**

Three visits to the Manitoba Institute of Child Health to assess your child's risk for developing Type 2 diabetes. These visits will include:

- Two blood tests (to screen for diabetes)
- An MRI scan
- A DEXA body composition scan

Eligible participants will be enrolled in six months of supervised exercise through the YMCA/YWCA in Winnipeg. Research staff deliver individually tailored programs to increase your child's fitness. Testing will be repeated at the end of the 6-month period to evaluate the impact of the program.

Please visit the study's website for more info at [www.thepowertrial.com](http://www.thepowertrial.com)