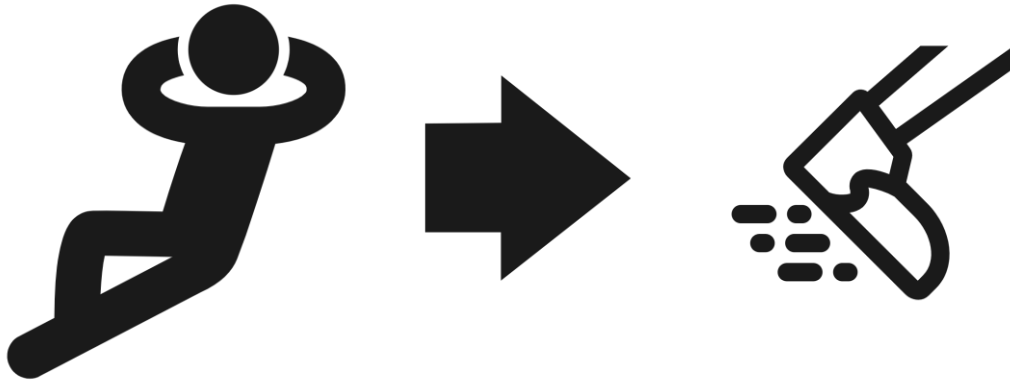


# Hoping to exercise more, but struggling to get motivated?



## *Volunteers needed for research study*

Do you have **prediabetes** or **type 2 diabetes**? You may be eligible for a 14-week study to help understand what works best to motivate adolescents and young adults to be more physically active.

### You May Qualify If You

- Are between the ages of 13-22 years
- Have prediabetes or type 2 diabetes
- Wearing a physical activity tracker (Fitbit) on your wrist while awake for 14 weeks
- Completing surveys and interviews

### Potential Benefits

This study may motivate you to exercise more, which may indirectly improve your health.

### Participation Involves

- Attending 2 in-person study visits for fasting bloodwork and body size measurements

**Location:** The 2 study visits will be at Children's Hospital of Pittsburgh Pediatric Clinical and Translational Research Center

Participants will be compensated

SCAN ME



Please contact Dr. Mary Ellen Vajravelu at [MaryEllen.Vajravelu@pitt.edu](mailto:MaryEllen.Vajravelu@pitt.edu), or scan the QR code to send an email requesting more information.

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