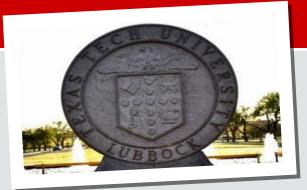
## DANCE RESEARCH STUDY FOR WOMEN WITH DIABETES!



Dr. Jamie Cooper in The Department of Nutritional Sciences at TTU and the TTUHSC School of Nursing is studying the effects of Zumba dance in women with type 2 diabetes

Needed: Females, ages 18-65, who have Type 2 Diabetes

This research study requires a total of two (2) visits and each visit takes about 2 hours total.

You will be compensated \$15 for visit 1 and \$25 for visit 2.

## **Research study intervention:**

## Dance Group:

- -If assigned to the Dance Group, you will participate in Zumba® Dance classes
- -Dance classes will be 3 times per week for 16 weeks
- -All Classes are FREE!
- -Classes held at the Chris Harwell Elementary School Gym

## **Exclusion Criteria:**

Anyone who is immobile or unable to perform exercise, anyone with a cardiac pacemaker, an ICD (implantable cardioverter-defibrillator), or any other cardiovascular devices, anyone who is pregnant, lactating, or planning on becoming pregnant before the conclusion of the study, or is suffering from PCOS, anyone taking insulin, anyone with congestive/chronic heart failure, prior stroke or myocardial infarction (MI), history of syncopal episodes, or epilepsy, and anyone who currently performs regular exercise (defined as at least 30 minutes per day, 5 days a week, of moderate to high intensity).

| 42-306 | 806-742-3068, ext 297 |
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| Dance  | Zumba Dance Study     |